




Life is beautiful
life is fulfilling
I love life

*Dive in deep
make a splash*

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www.positiveprime.com



A silhouette of a person shooting a basketball into a hoop against a bright sunset background. The person is in the lower left, reaching up towards the hoop. The sun is low on the horizon, creating a strong glow and lens flare. The basketball hoop and backboard are visible in the upper left. The background shows a fence and trees.

I stay motivated
and energized
**when working
toward my goals**

Astonishing Actions by Kim Serafini



I am motivated
and moving
in the direction
of my dreams



I am easily
motivated &
launch myself
into intentional
action

I can, I can, I can
I can do it

 *Astonishing Actions by Kim Serafini*
www.positiveprime.com





New opportunities
are showing up
daily and I am inspired
**to take action towards
those opportunities**

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I empower
my desires
with
motivating thoughts



Thank you

SO

much!

I will, I will, I will
I will do it

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www.positiveprime.com





I am always successful.
success is in my blood;
In the fibre of my being.
It's my character

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I shoot for
my targets
with
speed and accuracy



I am energized
and
empowered to
move towards
my goals

*I have, I have,
I have done it*

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My vision is compelling
my “why” is persuasive
my intention is powerful

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All my actions
support
my dreams.
I am aligned.



I surround
myself
with
encouraging
friends

*Think clearly whilst
acting quickly*

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What if
this is
heaven?

Astonishing Actions by Kim Serafini



I regularly
remind myself
of the
big picture & persist



What
went
right?

*Celebrate
your
successes!*

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Now now now
now now now
now now now
now now

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Smile
allow the action
to
drive the reaction



Every positive
action I take
leads to greater
and greater
accomplishments

I am proactive
I take initiative

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In this moment,
I am more motivated
**to take one extra step
towards my goal**

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Begin.
as you are,
with
what you have




I follow-through
&
follow-up;
I have integrity
I am reliable

*It becomes easier
when you persist*

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A silhouette of a person shooting a basketball into a hoop against a bright sunset background. The person is in the lower left, reaching up towards the hoop. The basketball is suspended in the air above the hoop. The background is a bright, golden sunset sky with some trees visible in the distance.

It's the action,
not the fruit of the action,
that's important.

~ Ghandi

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I speak words of
encouragement
to everyone,
myself included



Make more
moves now,
surrender & allow
the responses
to flow...

*I take charge
of my life*

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www.positiveprime.com





I ask others for
assistance, support,
help and the resources
I may need

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I understand
what motivates me
and use
this knowledge daily



What can I do
today
to show
someone
I care?

*I take decisive action
in every task I do*

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Show
support!

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I know that
it takes action
to
change one's life




What
has
gone
well?

*My emotional positivity
is contagious*

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A silhouette of a person shooting a basketball into a hoop against a bright sunset background. The person is on the left, reaching up towards the hoop. The basketball is in mid-air, just above the hoop. The background is a bright, golden sunset with silhouettes of trees and a fence in the distance.

How can I show
myself & others
kindness?

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I act purposefully
and
make things happen

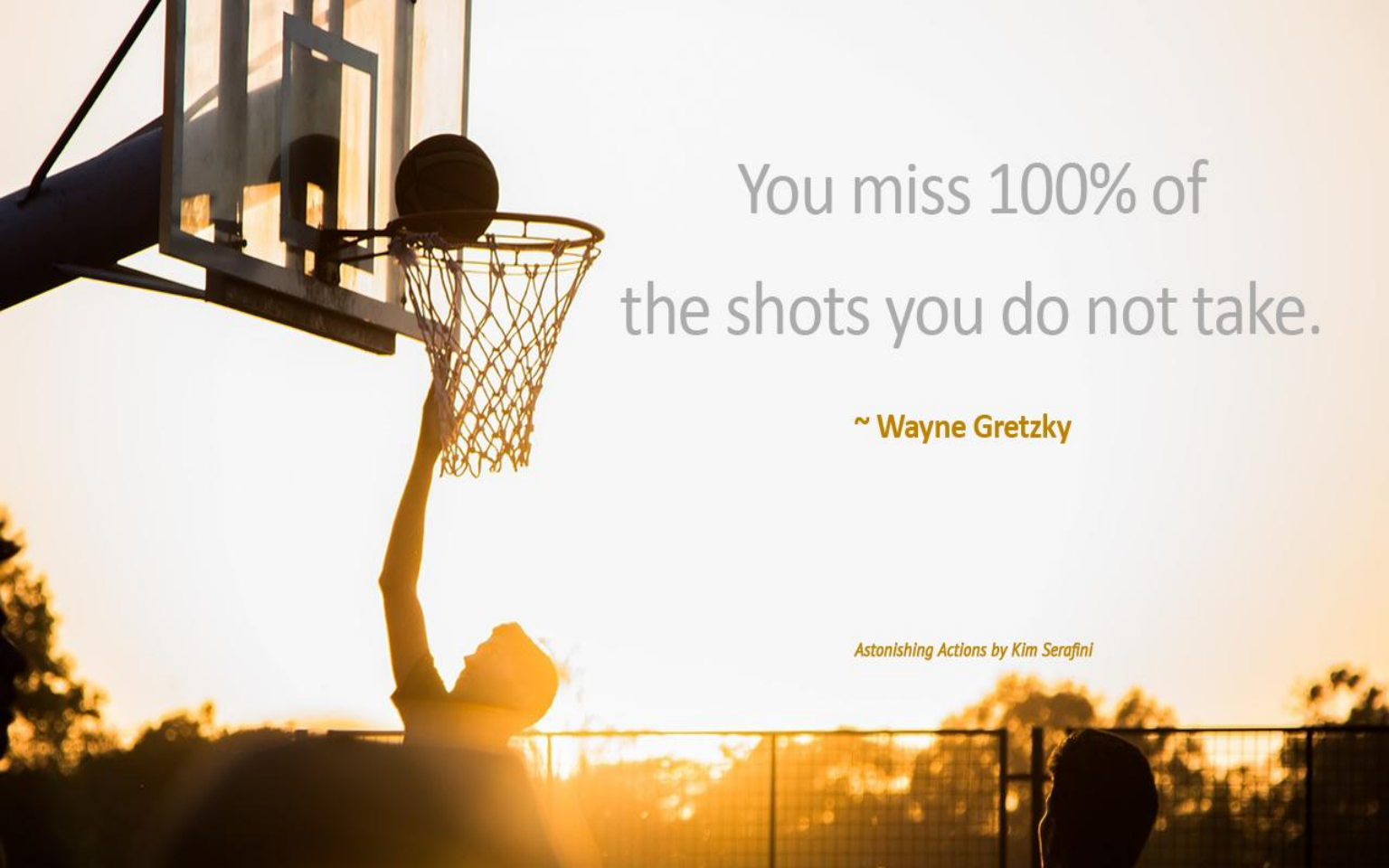


Today
tell someone
how much you
appreciate them
today

*Use it or lose it
be useful*

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A silhouette of a person shooting a basketball into a hoop against a bright sunset background. The person is in the lower left, reaching up towards the hoop. The basketball is suspended in the air above the hoop. The background is a bright, hazy orange and yellow sky, suggesting a sunset or sunrise. The scene is captured in a cinematic, high-contrast style.

You miss 100% of
the shots you do not take.

~ Wayne Gretzky

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I am
overflowing
with
energy and optimism



I am so motivated
that others
get inspired
just by being
around me

*People believe
what I do*

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When you're watching
your session

smile

just smile
naturally now

Astonishing Actions by Kim Serafini



Every
positive action
I take accelerates
my progress



Focusing on
my goals helps to
supercharge
my motivation
to succeed

*I have infinite creativity,
drive and motivation*

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I know how to motivate
myself and apply
this knowledge
to all that I do

Astonishing Actions by Kim Serafini



My work is
my motivation.
I work continuously
till I achieve.



My skills, talents,
strengths and gifts
are improving
whilst I'm
taking actions

*I exceed
in my actions*

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Grateful?
think about what you are
grateful for
and think about why you are
grateful...

feel the feelings of gratitude

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I am grateful
for all
I have already
achieved



Having an
action plan
helps keep me
motivated and
on track

*I back my ideas up
with
consistent actions*

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When my intentions
are clear, the universe
cooperates with me and

**I can accomplish
anything**

Astonishing Actions by Kim Serafini



Make sure you
do something
caring
today

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I am continually
re-energized
and share that
enthusiasm
with others

*Staying motivated
comes easily to me*

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I enjoy challenges.
I thrive in the ambiguity

**I delight in the
surprising and unexpected!**

Astonishing Actions by Kim Serafini



Exercise is important
for action takers
&
movers & shakers



Take massive
action now;
put the
incubator effect
into play!

*Do it and the fear
fades*

 *Astonishing Actions by Kim Serafini*
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I feel alive, energized
and determined
**to take on any task
in front of me**

Astonishing Actions by Kim Serafini



I face it *anyway*.
It's always better
than
I had imagined



I am appreciative
of all of the
knowledge
& experience
I already have

*I enjoy getting things
done!*

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I know I'm valued.
I understand my worth

**I deserve job,
success & vitality**

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You can have,
be,
and do
anything you want



I know that many
small successes
can be
incredibly
motivating

*I do my part with
my whole heart*

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I am happy and motivated
as I am achieving my goals

I'm loving the journey!

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I know
that the only
time for action
is the present



My motivation
is sacred
I protect
this precious
part of me

*I know
that motivation
requires doing*

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I am more and more
motivated to work on
**consciously creating
my dreams**

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Focus on the outcomes,
visualise it & imagine
how amazing
it will be




The success
of others
inspires me;
it moves me
into action

*Every action I take
increases
my motivation*

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I am intuitive & I anticipate
what I must do, early on...

**and get it done with
joy, speed, grace & ease**

Astonishing Actions by Kim Serafini



I celebrate
the outcomes
of every little
positive action



I encourage
my friends
to
follow their
dreams too

*Complexity excites me
I thrive
in these situations*

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I attract those that help me,
support me & assist me
to reach my goals

Astonishing Actions by Kim Serafini



I know that the sooner
I get started,
the sooner
I will see results



I know that
the sooner
I start a task,
the sooner it will
be completed

*I am super
efficient & effective*

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I fuel my motivation
by visualizing the thrill
**that realizing my goals
will bring**

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My life is full of
energy, purpose
and
motivation



Do more
do more &
be more
have &
appreciate more!

*I allow momentum
to develop and
I leverage it*

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I always determine
what needs to be done,
**and get to doing it
right away**

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I know
what gets me
excited & I benefit
from this excitement



I empower
and positively
prime myself

*I am clear about
what I want & why*

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The doors of opportunity are
always open for me and

**I take advantage of
the same swiftly**

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I am my own
motivator.
I generate it
from within.



I know that
getting started
is the first step
to increasing
my motivation

How can
I be
more supportive?

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We are what
we repeatedly do.
Excellence then,
is not an act,
but a habit.

~ Aristotle

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Actively
contribute
to
benefit others




I know that
I can easily
empower
myself with
my thoughts

How can
I be
more caring?

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I become more confident
with more
experience and knowledge.

I am taking more actions!

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I focus on the positive;
I create positive results
for
myself & others



I pride
myself on
being action
& solutions
oriented

*I also successfully
motivate others*

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I learn as I go;
the best advice is to simply
**begin & seek mentors
& learn from experience**

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The only option
for me is success.
I forge ahead and
ultimately, succeed



Step
forward
into growth

Astonishing Actions

Life is
occurring
for me!

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I use the power
of music to activate,
stimulate & motivate
me in all that I do

Astonishing Actions by Kim Serafini



I gain
immense satisfaction
from working
towards my goals




I am aware
of and
use all of my
motivational
buttons

*Every action I take
motivates me
more*

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I keep
my motivation strong
**by reading inspiring and
empowering words**

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Because of
my profound energy,
I achieve and
exceed at all that I do



I am a persistent

go getter

I have grit

*I always
reward myself for
a job well done*

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I always do everything
I need to do,
as and before
it even needs doing

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What
has inspired
you
this week?

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I have virtue
& excellence
I act *rightly*

*Life is happening
for us
not to us...*

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I easily stay
motivated and energized
**when working towards
my goals**

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I know I make
a positive difference
and I do my best
to help others



I remain
pure
in my pursuit

*I am more motivated
than ever
to succeed*

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I do the tough jobs first,
and this motivates me
for the rest of the day

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I wake up,
prime myself &
get energized
to face a great day