THE CENTER FOR RESPECT™
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TABLE OF CONTENTS:

Mike's Book List **p1**
Mike's Sample Affirmations **p2**
Wrap-Up Page **p8**

Mike's Book List:

1. **A Man's Search for Meaning by Viktor Frankl**
2. **As a Man Thinketh by James Allen**
3. **Breaking the Habit of Being Yourself by Joe Dispenza**
4. **Essentialism by Greg Mckeown**
5. **Greatest Salesman in the World by Og Mandino**
6. **If the Buddha Got Stuck by Charlotte Kasl**
7. **Life's Operating Manual by Tom Shayac**
8. **Loving What Is by Byron Katie**
9. **Manuscript Found in Accra by Paul Cuelho**
10. **On Writing by Stephen King**
11. **Seat of the Soul by Gary Zukav**
12. **Slaughterhouse-Five by Kurt Vonneghut**
13. **Start with Why by Simon Sinek**
14. **Tao Te Ching: A Book about the Way and the Power of the Way by Ursula K. Le Guin**
15. **The Alchemist by Paulo Coelho**
16. **The Art of Letting Go by Richard Rohr** (Audible only)
17. **The Dream Manager by Matthew Kelly**
18. **The Four Agreements by Don Miguel Ruiz**
19. **The Gifts of Imperfection by Brene Brown**
20. **The Happiness Advantage by Shawn Achor**
21. **The Outward Mindset by the Arbinger Institute**
22. **The Surrender Experiment by Michael Singer**
23. **The Untethered Soul by Michael Singer**
24. **Think & Grow Rich by Napolean Hill**
25. **Tuesdays with Morrie by Mitch Albom**

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Mike's SAMPLE MORNING AFFIRMATIONS:

*****Important Note: what you are about to read is what works for Mike's mind, body, and soul. For you, write affirmations that fit YOU. The following is simply one example of a person's morning affirmations.**

Please know that MANY of these statements are from books Mike has read and/or events he has attended. While some of this content is Mike's own thoughts, he is NOT taking credit for all of this content. Sources can be from the list of books he included above, from additional books, and from events such as Landmark Education. This is content he reads for his mind, body, and soul.

Right now, it is what it is and it isn't what it isn't. It is perfectly imperfect. Nothing Added. Nothing Subtracted. I am exactly enough. I love myself exactly as I am. And I love every version of me that has ever existed.

Everything is available to me. Neither failure nor success guides me. My guides are mindfulness, empathy, curiosity, courage, intuition, love, gratitude, and trust.

I am grateful.

I am grateful for the creativity, the intuitive ability to feel the world, the dark, the light, the mistakes, the successes, the wisdom, the fun, the silliness, the strength, the femininity, the masculinity, the generosity, the vibrancy, the sexiness, and the loving nature that exists within me.

SECOND: I realize that fulfillment and enlightenment is founded in integrity, kindness, compassion, love, and TRUST.

I acknowledge I am fallible, make mistakes, and am constantly learning. When sharing discoveries, I keep the well-being of others in mind and let kindness lead. I choose an Outward Mindset.

I am grateful for knowing Life happens FOR US – not to us; that each challenge/dream is figure-outable: **life works out and that is beautiful**.

I choose to thrive in the Arena, daring greatly and rising strong. I cherish the journey.

I live with **LOVE**; honor ***what is POSSIBLE***; and am **PRESENT** in the moment. I choose love, starting with loving myself. I live in the Now.

I listen to what love teaches me and then take the actions love reveals for me to take. Love will tell me how to succeed in every area of life. The key is to ask and then listen. What is love singing to me in this moment?

I embrace vulnerability through compassion, connection, and courage – knowing a Warrior's courage only takes seconds of action.

I seek being touched by beauty, developing my talents, feeling connections to others, taking time to listen to my intuition, and trusting the answers being spoken to me by love, by God.

I trust the energy of the universe, God, my soul, and my intuition - for the energy of the universe is within me and I am within it.

We are part of something bigger - a force beyond our comprehension that connects all of us together. **LOVE**.

Love is the ultimate connector. Love is the shared heartbeat of the universe. God is the creator and guide of that Love.

I LISTEN. I listen with empathy, love, openness, and a desire to understand. I look into a person's eyes. The eyes enable me to see into their soul and being. In doing so, I see the GIFTS inside of each person.

THIRD: I live life AWAKE.

I am grateful for the unending source of positive, inspiring, uplifting, and grounded energy the universe fills me with and surrounds me with.

I Stand for A New Realm of Possibility

• New possibilities for being call me powerfully into being.

• New openings for action call me powerfully into action.

I Stand for Living Life Fully and choose to Listen to the LOVE that surrounds me in each moment.

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FOURTH:
I honor the truth that I am a whole person and thus welcome all feelings, thoughts, and energies . . . both dark and light. I release myself of needing to be perfect. I am grateful for knowing emotions are not facts.

I choose happiness. I choose to accept and love me for exactly who I am: an intuitive, giving, fun, creative, brilliant, fallible, gifted, quick thinking, sensitive, emotional, connected, confident, passionate, and loving soul.

I am grateful for the experiences I take part in that ignite my energy. I love that I am a healthy, strong, and vibrant warrior who looks forward to new challenges. Fears do not stop from me from taking on new adventures. Nothing stops me from being the energy I have been created to be.

I LOVE the beauty of my mind, body, strength, health, wellness, vibrancy, intuition, generosity, and my life force. I love myself.

I am grateful for the opportunity to create "Aha" moments that reveal discoveries for myself and others.

I am grateful for the LOVE I see and feel in each moment, each person, each form of life, and in each object, including how deeply I love and give love to myself.

And I love this world, this universe.

I am a free spirit: vulnerable and grateful.

I am grateful for my visions, my dreams, and for thinking BIG.

I am grateful for our family and friends.

I honor each of my family members for the gift they are to the world and to our lives. I continually strive to love each person for exactly who that person is right now. I remember that each person is doing the best they know how to in the moment. They are doing exactly what was meant to happen in this moment. If we knew the atmospheric conditions of everyone's life, all makes sense.

I enjoy spending quality time and engaging in acts of service with my partner. I love leaving her notes, treasure her being, and have fun bringing creativity into our passion. We are soulmates... deeply in love.

I am committed to further strengthening the foundation of our family.

I am grateful for all the gifts in my life and for knowing that the present is the greatest gift.

FIFTH:
I choose. I choose to be both an active participant and an observer of my life. I am fully engaged: paying attention to physical sensations, internal dialogues, energy levels, and emotional states – so that my inner loving self can be more present, active, and free.

I choose to:

- Share Self Expression Openly,
- Love Mutually,
- Support Fully,
- Cherish the Journey, and
- Celebrate the Progress

I choose:

- Loving Self-care (which I am great at),
- Living My Life Mission,
- Taking ACTION, and
- Living in an Empowered Environment.

I choose 1% improvement each day.
I choose to be unstoppable.

I am grateful for understanding that my actions, beliefs, thoughts, talents, creations, mistakes, weaknesses, hurts, fears, emotions, and dreams are temporary - impermanent. I acknowledge them and appreciate them - all while understanding with gratitude, “everything is temporary.” And knowing I am not the thought or feeling. I am simply the one hearing it. I can choose to ignore it. Doing so frees me to follow the flow of life as it pulses through me and to be present in the now.

To trust is to be free. I choose to trust.

I trust the unknown has wonderful opportunities ahead. I trust the journey. I trust each person who enters along the journey.

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I trust the process and flow of life and I trust the loving hand of the universe, God, for God has always been trustworthy and dependable.

When I feel a stress is occurring or when I'm overthinking, self-obsessing, or fearing fear, I ask myself, "What is the distraction I am hearing? I let the distraction know, "hey you're welcome here" and I give grace to the feeling I am experiencing. I remember, "What I embrace gives grace." I remember this feeling I'm experiencing is okay. And then I let LOVE dissolve any unhelpful energies away.

I choose to mediate with box breathing and I focus on loving presence. I remember that to H.E.A.L. is to Hear, Explore, Accept, and Love.

In moments where I feel off or stressed with another person, I choose to pause and take a breath before responding. I ask myself, "What is the most loving way I can be present to my soul's guidance in this moment? What within me am I seeing or hearing in this other person?" I choose to listen and hear what love says and to respect love's answer to better understand myself for ensuring I come from a place of love for myself and the other person. And when needed, I activate my soul's protective force field for protecting my energy.

I've got this. My track record is incredible at taking loving care of myself.

I am grateful for knowing I'm fallible and for the opportunity to learn from my mistakes. I am grateful for knowing the past does not exist and for knowing the future has not happened. And so I choose to be in the now. My new self is already created and here. No action is needed.

I trust the energy of the Universe. I trust my divine wisdom. I trust my intuition. I trust my voice. I trust my body. I trust my health. I trust my soul. I trust LOVE.

I value both the serenity and the thrills of nature; the inspiration of music and the arts, the adventure and comfort of reading, deep conversations, and treasure time with loved ones.

I am grateful for living my dharma, **listening with my being, letting go of the outcome (while treasuring the process and the journey), and following to where I am called to go.**

I choose to surrender to the Now.

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I make choices by first asking myself, “Knowing I love myself truly and deeply, knowing I am enough, what is my heart saying right now? What is LOVE singing to me in this moment?”

SIXTH: I commit to reviewing these AFFIRMATIONS as I often as needed, then immediately taking the actions necessary TODAY to take me where I am called to go - for the 10,000 mile journey begins beneath my foot. And I choose to take each step with a Beginner’s Mind.

I will repeat these affirmations with full faith that it will further awaken my consciousness.

I choose to live a life of mindfulness, curiosity, fascination, forgiveness, gratitude, impact, understanding, and love.

Today, I begin anew. . . with childlike curiosity and a warrior's sense of adventure.

In this moment, I am fully present to what is essential now.

Namaste.

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Mike Domitrz



Bring Mike to help build and deepen the Culture of Respect throughout your organization and community. Mike's high energy, interactive keynotes, trainings, and workshops engage people of all ages and demographics.

Best of all, each person leaves with "How To" skills and precise steps for effectively choosing RESPECT in each moment.

Learn all about the programs Mike does for middle schools, high schools, parents, the US Military, businesses, and organizations at:

www.CenterForRespect.com

Follow Mike on Social Media at:

- YouTube: https://www.youtube.com/centerforrespect
- Facebook: https://www.FaceBook.com/MikeRespects
- Instagram: https://www.Instagram.com/MikeRespects
- Twitter: https://twitter.com/mikerespects
- LinkedIn: https://www.linkedin.com/in/mikedomitrz/

What everyone is saying:

Mike provides specific How-To skills each person can implement immediately for building a culture of respect. His preparation and mastery of the material has earned him the credibility and trust within Special Operations across the Department of Defense.

Mike Kontio, Master Sergeant in US Army (Ret OR-8)
Former Joint Special Operations Command SAPR/SHARP Program Manager.

"Mike held the toughest crowd on the Eastern Seaboard in the palm of his hand. He is the 'Student Whisperer'."

Sarah Ream, Teacher, Phillips Exeter Academy (NH)