

# Noah St. John: Discover Affirmations® PODCAST SHOWNOTES

## **Affirmations®**

*Noah St. John is a keynote speaker and best-selling author who's famous for inventing Affirmations® and helping busy people achieve financial freedom. His sought-after advice is known as the "secret sauce" in personal and business growth. According to Stephen Covey, author of *The 7 Habits of Highly Effective People*: "Noah St. John's work is about discovering within ourselves what we should have known all along – we are truly powerful beings with unlimited potential."*

## **Affirmations vs. Affirmations**

Affirmations are positive statements we want to be true. Our brains respond to these affirmations with "Yeah, right!?" A classic affirmation like "I am rich" brings that "Yeah, right!?" response from our brains. We aren't rich. However, if we adapt the affirmation to human thought, questioning, we get an affirmation. If we ask an empowering question like, "Why am I so rich?" Your brain starts to search for the answer and we focus on the question that changes our subconscious thought patterns and in turn our lives, quicker and faster than ever before.

## **Belief Gap**

When you want to make a change in your life, you are trying to go from your CPR (Current Perceived Reality) to your NPR (New Perceived Reality). Between these two realities there is a gap, and for most people it's not that we can't get past this gap, but that we believe we cannot. When you believe you are not enough in any realm, despite hard work, you will not reach your CPR. Once you cross that belief gap you get unstuck and start to see forward progress. What you focus on grows, but you must also take action. You need to put in effort to propel your focus into action.

## **Noah's Daily Schedule**

Wake Up

Thanks God for his beautiful wife and all of the gifts in his life

Meditates on these thoughts of thanks for about 15 minutes and moves into Affirmations®, why do I have all of these things?

Yoga/Pilates

Listens to recorded Affirmations® (iAffirm Audio) while he works

Reflects on the day

Gets to bed at a decent hour

Living a day like this isn't necessarily natural. You have to work to be mindful of what you have in your life, to meditate, to contemplate why or what has brought you to this point. It's work, but it is work that will reward.

[Visit Noah's Website!](#)

# Noah St. John: Discover Affirmations® PODCAST SHOWNOTES

## **Listener Question:**

*After discovering that I had an allergy to cow dairy and eggs, I started eating organic eggs and I love them so! Am I taking a risk in eating them?*

**You are what you eat ate!** There is a huge difference between a chicken who eats soy and corn as opposed to a natural diet. That could be a part of what makes you react to non-organic eggs as opposed to the organic. Look for pastured eggs, they are the best.

Please review us on Stitcher and iTunes! And, if you haven't already, SUBSCRIBE!

As always, remember:

**You are worthy. Dare to live a life that matters.**

---

© Copyright 2016 JJ Virgin & Associates, Inc. All rights reserved.

The contents of The Virgin Diet Lifestyle Show podcast is for your personal use only and are subject to the Terms And Conditions at [www.jjvirgin.com](http://www.jjvirgin.com).

The recipes have not been reviewed or approved by any government, healthcare organizations or physician. Recipes must be prepared according to provided instructions. Consult your primary health care provider with any related questions concerning your personal nutrition and fitness needs and the suitability of any recipes in light of your personal physical condition and circumstances.

JJ Virgin and JJVA assumes no responsibility for errors or omissions that may appear in this publication. While all attempts have been made to verify information provided in this publication, neither the Authors nor the Publisher assume any responsibility for errors, inaccuracies or omissions.

Neither JJ Virgin nor JJVA render medical advice.

These show notes and podcast offers health, fitness and nutritional information and is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional. Do not disregard, avoid or delay obtaining medical or health related advice from your health-care professional because of something you may have read in this book. The use of any information is solely at your own risk.

This information has not been evaluated by the FDA and is not intended to treat, diagnose, cure or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified health care professional and you should seek the advice of your health care professional before undertaking any dietary or lifestyle changes.