

15 CHARISMA AFFIRMATIONS

Powerful Auto-Suggestions for You to

Elevate Your Presence
In the Moment

Amplify Your Awareness
In the Present

Enhance the Pleasure
From Your Experiences

And Much More

A Charisma Resources tool by Milena Dalinaros

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CHARISMA RESOURCES

To Ignite Your Charismatic Glow

Welcome to this collection of affirmations for cultivating your ability to be present.

Presence is the state of being fully engaged and attentive in the current moment. It involves being aware of your surroundings, thoughts, and emotions, as well as those of the people around you. When you are present, you are completely immersed in the here and now, which allows for deeper connections, enhanced communication, and a more authentic experience of life. Presence is a key component of charisma, as it enables you to respond to situations with clarity and connect meaningfully with others.

The nature of this guide reflects the aim of Charisma Resources to help you work on the elements of charisma from the inside and out. We hold the belief that everybody already has a seed of charisma within. We simply need to remove any barriers that keep the light from shining and provide nourishment so it can grow and thrive.

I am Milena Dalinaros, founder of Charisma Resources. As your Charisma Guide, I am here to empower Love Seekers, Underdogs and the Leaders of Tomorrow with a fair chance to be victorious in love, life, and power.

My purpose is to make charisma available for every individual who wants to improve their own life and the life of others by stepping into their Highest Self.

Let us infuse our world with genuine connection, expression of our authentic selves, and conscious leadership.

Now it is time to dive into the affirmations collection and turn presence into one of your charismatic superpowers.

To Your Success with Love
Milena
Your Charisma Guide

HOW TO USE THIS GUIDE

To Amplify Your Ability to Be Present

This collection of affirmations is designed to help you unlock your charisma by elevating your ability to be present.

This resource will help you cultivate a stronger sense of presence and awareness in your daily life. Through carefully crafted affirmations, you will enhance your ability to be present in the moment, engage fully with your surroundings, and be deeply connected with the people around you.

Affirmations are powerful tools for rewiring your mindset and transforming your habits. By regularly practicing these affirmations, you will develop the skill of being truly present, which is a key aspect of charisma.

How to Use the Affirmations:

Create a Routine: Decide on a specific time each day to practice your affirmations. Morning and evening routines are particularly effective.

State Your Affirmations Clearly: Speak your affirmations out loud or silently in your mind. Ensure you say them with conviction and belief.

Use the Present Tense: Phrase your affirmations as if they are already true.

Visualize and Feel the Emotion: As you recite your affirmations, visualize yourself embodying the desired qualities. Connect with the emotions your affirmations evoke.

Repeat Consistently: Repetition is key. The more you repeat your affirmations, the more they will become ingrained in your subconscious.

Last but not least. Remember to celebrate your decision to elevate your presence and charisma, empowering yourself to create the life of your dreams.

5 CHARISMA AFFIRMATIONS

For Presence and Pleasure

I immerse myself in the textures, tastes, and aromas of life, allowing each sensory experience to awaken my spirit and nourish my soul.

I savor the sweetness of my sensations as they deepen my connection to the world around me.

I open my heart to the beauty of the world, allowing the magic of sight, sound, and touch to fill me with wonder and gratitude.

I honor the sacredness of my senses, allowing them to serve as gateways to experiencing life as a human.

I am fully enjoying this moment.

5 CHARISMA AFFIRMATIONS

For Presence and Awareness

I am fully present in this moment, embracing the gift of experience with mindfulness and awareness.

I anchor myself in the present moment, empowering myself to respond to life's challenges with clarity and composure.

I am mindful of the present moment, releasing attachments to the past and worries about the future.

I tune into my inner wisdom and intuition, trusting in its guidance to lead me toward alignment and fulfillment.

I am aware of my thoughts, feelings, and sensations, allowing me to navigate life with grace and ease.

5 CHARISMA AFFIRMATIONS

For Presence in the Moment

I am fully present, engaging all my senses to experience the beauty and richness of the moment.

I anchor myself in the present moment and savor the sights, sounds, and sensations that surround me.

I cultivate a heightened sense of awareness, tuning into the subtle nuances of my environment with clarity and curiosity.

I embrace my sensations, ground myself in the present moment and connect deeply with the rhythm of life.

I am Here. I am Now.

5 CHARISMATIC QUESTIONS

For Assessing Your Presence In the Unfolding Moment



Bonus

How often do I catch myself distracted by problems or worries so that I lose connection with the current moment?

Do I regularly practice mindfulness or meditation techniques to cultivate present moment awareness?

How often do I catch myself multitasking or engaging in distractions instead of giving my full attention to what I'm doing or who I'm with?

When faced with challenges or stressors, how well do I stay grounded and centered in the present moment, rather than getting caught up in reactivity or anxiety?

Am I able to let go of judgments, expectations, and attachments to outcomes, allowing things to unfold naturally in the present moment?

5 CHARISMATIC QUESTIONS

For Assessing Your Presence With Other People



Bonus

How present and attentive am I in my interactions with others, including family, friends, colleagues, and strangers?

Do I take the time to truly listen and empathize with others, or am I often preoccupied with my own thoughts, agenda, or devices?

Do I notice subtle cues and nuances in the body language, tone, and expressions of others, allowing me to respond with empathy and understanding?

Do I tend to interrupt or dominate conversations, or am I able to patiently listen and allow others to express themselves fully before responding?

How comfortable am I with silence and pauses in conversations, allowing space for reflection and deeper connection to emerge?

CONGRATULATIONS

You Are Embracing Your Power

Take a moment to extend a feeling of appreciation towards yourself. You have not only made the decision to elevate your charisma and presence - you have also taken concrete steps in setting profound inner processes in motion to ensure your success.

By using affirmations to systematically instill new beliefs that will serve you well, you are already on the path to elevating your ability to be present and embracing your true charisma.

Next steps:

Maintain Consistency: Make affirmations a regular practice to continue deepening your self-understanding and resetting your focus on success.

Set Goals: Identify specific, actionable steps to build on your newfound insights and enhance your ability to be present.

Enjoy Community: Find a community of likeminded individuals who will cheer you on and offer ongoing guidance, feedback and encouragement along your journey towards charisma mastery. Feel free to explore the support offered through my Charisma Coaching programs or our community within the Charisma Membership.

Learn more about the membership and coaching offered by Charisma Resources here:

[Charisma Membership](#)

[Charisma Coaching](#)

I am happy that you are part of this transformative journey. I look forward to seeing you succeed in your endeavors, enjoy the present moment and shine with your full force charisma.

It is your birthright to feel charismatic.

Milena

Your Charisma Guide