



Karma Dog Training Playsheet III

25 powerful affirmations for the well-being of you and your dog

- 1) | am a predictable and consistent pack leader.
- 2) | never take good behavior for granted.
- 3) | abundantly reward good behavior whenever | see it.
- 4) | walk my dogs every morning whether | get enough sleep or not.
- 5) | am always consistent with the rules | set with my dog.
- 6) My dog's environment is very predictable for him.
- 7) | never correct my dog from a state of frustration.
- 8) | never yell or scream at my dog since | know he sees this as unstable energy.
- 9) My body language and energy always convey that | am the leader of the house.
- 10) | never remind my dog what the rules are if | am in an angry, frustrated, or in an anxious state of mind.
- 11) | feed my dogs at the same time every day.
- 12) | walk my dogs at the same time every day.
- 13) | never share affection with my dog if he is not clam.
- 14) | give my dogs their food, walks and everything else they value only when they are calm.
- 15) | realize that my dog is in my life for a deeper reason than may appear.
- 16) | raise my dog in the same exact way | would like to be raised if | was to incarnate as a dog in my next life.
- 17) | take excellent care of my dog.
- 18) | am sensitive to the fact that dogs hear things such as the television, my music and my voice much louder than | do.
- 19) | understand that my dog perceives the world through his nose.
- 20) | do not spoil my dog because | know it is not in his best interest long term.

- 21) I always look for opportunities to socialize my dog.
- 22) I see dogs as my healers; they are truly here for my spiritual growth.
- 23) I am the leader and my dog is my submissive partner.
- 24) I realize that one of us have to be the leader, and dog's don't do democracy. It is in my dog's best interest if that leader is me, rather than him.
- 25) I've learned the reality is, I can train ahead of time or I can use fear later. If I train ahead of time, I don't have to use fear later on. I always remember the motto: Train ahead of time or use fear later. I DO THE "5 IN 5" (5 minutes, 5 days a week) and train ahead of time.

12 MORE AFFIRMATIONS WRITTEN IN A DIFFERENT STYLE
(When writing your own affirmations later, create them in whatever style that resonates with you)

MY HOME IS A PEACEFUL, BEAUTIFUL, JOYOUS PLACE
WHERE ALL MY ANIMALS
LIVE TOGETHER IN HARMONY AND IN JOY.

I FEEL VERY RELAXED AND PEACEFUL
IN MY OWN HOME.

MY DOG HAS BLOSSOMED INTO A SAINT.

ALL MY DOGS ARE BEST FRIENDS!

I HAVE EVERYTHING UNDER CONTROL.

MY DOG HAS MATURED INTO A BEAUTIFUL,
LOVING AND WELL-BEHAVED MEMBER OF THE FAMILY.

I AM 100% COMPETENT AND ABLE
TO HANDLE MY BUSINESS IN MY HOME.

I ALWAYS SEE MY DOG AS A SOUL
WHO IS DOING HIS BEST, AS I AM.

I FORGIVE MYSELF AND MY DOGS EASILY.

I AM ALWAYS LEARNING AND GROWING.

MY DOG IS A GIFT FROM GOD.

GOD IS ALWAYS WATCHING OVER AND
PROTECTING ALL MY DOGS.

**Write down the 5 biggest challenges you are having with your dog.
Example:**

- 1) My dog jumps on everyone who comes over.
- 2) My dog is aggressive towards other dogs.
- 3) My dog does pull me on a leash.
- 4) My dog barks while other dogs pass by the house.
- 5) My dog will not stop chewing on the furniture.

Next, turn each of them into positive affirmations.

Example:

- 1) My dog sits quietly when people come through my door.
- 2) My dog gets along great with other dogs.
- 3) My dog walks very nicely on a leash.
- 4) My dog is calm while other dogs pass by the house.
- 5) My dog chews on appropriate chew toys and bones.

Write down the 5 biggest challenges you are having with your dog.
Come up with your own answers:

- 1)
- 2)
- 3)
- 4)
- 5)

Next, turn each of them into positive affirmations.

Come up with your own affirmations:

- 1)
- 2)
- 3)
- 4)
- 5)

Finally, VISUALIZE the affirmations above. See the actual behavior you want to see most in your dog and experience the feelings.

Visualization has helped millions of people achieve goals. And it can be the most powerful tool for achievement you have ever used. When applied to training our dogs, it gives us the power to identify and obliterate roadblocks to progress and assist in our dog's process. It makes our path to success so real that you can almost feel it, hear it, smell it, as well as see it in the mind's eye.

This will help you and help your dog achieve success.

