Affirmations Guide

*You are what you believe you are*

Our attitudes more than anything else form our reality, you are what you think you are, the difference between people can be understood more than anything by their beliefs and attitudes.

The people who are successful are not much different from the people that have not achieved much, generally they are not better either, the latter usually have a poor self-concept, don’t believe they can achieve much, and have a passive orientation.

We all have bad habits and attitudes sometimes; the important thing is being conscious about them and have the goal of changing them.

You do what you believe you can do, belief is a self-fulfilling prophecy, I once watch a friend who was told to do something, but he hesitated because he didn’t think it would work, it turned out that it worked perfectly.

What are affirmations anyway and how can they help me achieve something?

Affirmations are sentences about you; about who you believe you are and what you can do.

It’s like a friend giving you a positive, uplifting ***pep talk***, of course they don’t change the reality of a situation, however they influence your attitude about it, how you interpret the condition and therefore how you react to it.

They can help you being more positive and in control of your life. Your beliefs must support your goals and what you want.

You see what you believe and your belief limit what you will try to achieve.

Affirmations are messages designed to change your *self-image*, the person you believe you are.

One way to influence our *self-image* is by creating a vivid image of what we desire, verbalize that in sentences and then repeating the affirmations daily.

There is nothing magic or esoteric about them, it is just a routine to implant a belief in our unconscious mind, so what we want and what we believe is possible are aligned.

Haven’t you sometimes surprised yourself by doing something great? These moments of inspiration came to all of us, some artists believe in muses and angels, but in reality, we all have the capacity to do much more than what we actually do.

The unconscious mind runs the show, it is bigger and faster than the reasoning mind, we need to live in the reality and the unconscious mind excels in being in the present.

**Affirmations change your self-image to support your goals.**

It is similar to what people call *praying*, you go to a quiet place, usually a church or mosque and repeat what you want with faith\*

So now we are going to do the same but with the goal of improving how you feel and our attitudes.

How to write your affirmations

* They have to be expressed as positives and in the present tense.
* They have to be personal and congruent with your goals.
* They need to be as specific as possible.
* They *can’t*, *wont*, *don’t* use negatives because they are ignored by the unconscious.
* They have to be repeated with faith and belief\*.

Wait, how do you do that?

The *faith* and *belief* can be resumed as ***emotion\****. The feeling you have when you are the way you want, when you have achieved your goals.

You need to remember a time in your life when you feel great, a moment of success in your memory:

That fantastic vacation

When you finished school

That first great experience

When you make something happen that you really wanted

Everyone has had those experiences of feeling extraordinary, you want to remember that felling as clearly as possible (images, sounds, smells, posture and places). You can also use a felling called *congruence*, the felling of certainty when you know something will go the way you want it.

So, imagine how you want to act and write some ideas, then what you want to have or do and write more sentences, finally imagine who you want to be and write that.

Leave those ideas time to grow, some will change with time and be more realistic. Revise them latter to ensure they are positive and in the present tense, remove all negatives.

You will have may be 15 or 30 sentences about what you want and about how you would like to be.

Then plan a daily routine where you can repeat your affirmations in a quiet setting where you are not distracted and where you can remember how you feel when you feel great or your congruence felling.

How to do the affirmations

Find a quiet and comfortable place, relax all your body, breathe deeply, close your eyes and remember and feel the emotion of success, and then repeat your affirmations.

You can print them in a paper and then say them out loud or record them in your phone and just listen.

It takes about a month of this daily process to feel that something is changing, be persistent and remember to take action every day to change in little steps.

You just need a few minutes of relaxing and then repeat your affirmations, and remember to have faith in them.

Your felling of excellence will help to ingrain the beliefs deeply, and to reduce the internal resistance to change.

Change who you believe you are inside first and then change your reality with ease.

Examples

Today I am strong

I ~~will~~ handle anything that comes to me

I enjoy my body and have fun

I do what is necessary to be all right

I see perfectly

I have perfect vision

Every day my corneas get stronger and stronger

I take action and get things done

I am healthy and happy

I have ~~more~~ energy and confidence

My business is thriving with energy and excitement

I earn three thousand dollars this month (very specific)

I am someone who takes action

~~I don’t smoke any more~~

I do what is good for my body

I love to eat healthy food

I am the best

I can do it

Do it now (W. Clement Stone motto)

Affirmations can cover your health, work, daily habits, attitudes and love life; almost any area even your spirituality and contribution to society.

*Don’t worry if they are not true, is very likely that they will be*.

By consciously ingraining these ideas in your mind you will be closer to the kind of person you want to be. Now all you need to do is to face fears, ignore any resistance you may have and then take action every day.

For more ideas read my post called “[Affirmations for health](https://www.keratoconusguide.com/2018/04/affirmations-health/)” on the keratoconus website.

Good Luck!

Heriberto R.