## Affirmations Guide & Transcripts

## Ways to use affirmations

You can be creative and flexible using affirmations to guide your mind. Listening to an audio recording of affirmations as you did today is one way. However, there are many more possibilities.

### Surround yourself with them

You can write affirmations down and post them on your screensaver....or on your bathroom mirror. The idea is to help your mind practice saying things that are more constructive than your default self-talk, and eventually these statements become your default narration.

### Combine them with other activities

If you're a busy person), it's nice to know there are ways to blend affirmations into other things that you may already be doing.

Some people will listen to them during acupuncture sessions or while doing yoga.

In addition, you can listen to affirmations on the fly....while you're doing chores, even while you are driving (as long as you maintain your focus on driving, of course).

If you fall asleep while listening to affirmations, it's possible your brain is taking in the messages then too.

For the fullest effect, it's probably most impactful to give the meditation your full attention, but it's nice to also know that you can multitask them into your day when time is limited.

### Write your own

You can experiment with writing your own affirmations to real focus them on what's most relevant for you. You can get more specific than I can get in the recordings that I make because those need to be generic enough to apply to most people.

Remember to speak to what you **do** want on your mind, and avoid elaborating on things you **don't** want on your mind. For example,

* "I no longer crave glazed donuts with jelly filling" - not recommended because it's drawing your attention to what you want to move away from.
* "My body craves nourishing fresh food" - much better as now we are focusing the attention on where we wish to go.

So do your best to speak to the desired focus instead of what you're moving away from.

### Record your own

If you want to take your affirmation practice up another notch, I highly recommend picking out a few that are most relevant to you (or creating your own) and recording them in your own voice.

You can do this on your phone right into the memo recorder or you can play soothing music in the background on another device while you're recording too. Hearing these constructive, healthy thoughts in your own voice can be very powerful.

I recommend leaving 7-10 seconds of quite space between affirmation statements.

### Transcripts of the MCBP Affirmation sets

To help you in your creation process, I've included a downloadable copy of all the affirmation sets I've included in the 5 weeks of Mind-Body Core Practices.

Modify them in whatever way helps them feel most fitting to you.

I hope that you have fun playing with affirmations and making them your own!