

AFFIRMATIONS



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Affirmations

Affirmation is a declaration that something is TRUE . **Affirmations** refers primarily to the practice of positive thinking—fostering a belief that "a positive mental attitude supported by affirmations will achieve success in anything. More specifically an affirmation is a carefully formatted statement that should be repeated to one's self and written down frequently. For an affirmation to be effective, it needs to be present tense, positive, personal and specific.

The True Purpose of an Affirmation

In saying that the words in an affirmation have no power to change anything in your life. Affirmations are not magical incantations, and you may be surprised to learn that the purpose of an affirmation is NOT to change anything outside of yourself.

Yes, your ultimate goal is to create better circumstances in one or more areas of your life, but that's not the first thing that needs to happen. Instead, the true purpose of an affirmation is to change the way you FEEL about a given topic.

When you feel differently about something, you will start to think and believe differently about it. And when you think, feel and believe differently, you will take different actions – and therefore you will change the results you receive.

Many people don't grasp the importance of this concept, so they create affirmations that focus more on their outer conditions rather than how they feel. As a result, they don't change their beliefs, their actions don't change, and their circumstances don't change either.



What is the right way to use affirmations?

Affirmations are one of the most popular personal development tools, but they can also be one of the least effective, simply because most people aren't shown the correct way to use them.

One of the most common misconceptions about affirmations is that they act as “magical incantations” that will transform your life circumstances.

Want to earn more money? Recite an affirmation that you are a millionaire, and *poof!* you are wealthy.

Unfortunately, you and countless others have learned the hard way that it's just not that easy.

Most of the “ready-made” affirmation examples you see in books and online use strong wording and make bold claims that differ dramatically from your current experience:

- ✓ *I am healthy, wealthy and happy.*
- ✓ *I have endless energy and vitality.*
- ✓ *Money flows easily to me.*
- ✓ *I am fit, strong and confident.*
- ✓ *I am in a committed, healthy relationship.*

The problem is that your subconscious mind will resist statements like these if they aren't true. They don't fit into your existing belief system, therefore you cannot internalize them – not as they currently are, anyway.

That's why simply saying that you are wealthy won't make you wealthy, and why saying you weigh ____ pounds won't shrink your body.



Benefits and Effects

Do those make you feel differently about money, health or relationships? More likely, you don't feel much of anything at all when you read them. That's because they don't get to the heart of what you really want, which is to FEEL differently about that aspect of your life. Take a moment right now and jot down a few key words about how you would like to feel regarding the main areas of your life:

- ✓ Health and well-being
- ✓ Spirituality
- ✓ Relationships
- ✓ Money
- ✓ Career
- ✓ Overall quality of life

Do you yearn for a greater sense of peace, happiness, security, freedom, fun, passion, ease, or meaning? If you could create anything you wanted in these areas, what would you create? What is important to you? Which negative habits and qualities would you like to release?

Creating Effective Affirmations

Now that you have a better idea of your goals in the key areas of your life, it's time to explore just what makes an affirmation effective. Read the following affirmation and consider how it makes you feel:

- ✓ *I achieve my goals easily and quickly.*

If you are like most people, you probably feel some resistance to that statement. Most of us do not achieve goals easily or quickly – more often it's a long, strenuous journey to success.

Even if you didn't experience a feeling of resistance to the affirmation, you may have felt detached or impassive when you read it, like it just doesn't have any meaning for you.

Based on the concepts we've covered so far, would you say that this is an effective affirmation?



Perhaps if a person had experience in achieving goals quickly and easily, they might be open to an affirmation like that; but for the majority of “average” people the answer would be no. How about this alternative wording:

✓ *I am capable of achieving my goals easily and quickly.*

That one feels a little better, doesn't it? You aren't saying that you always achieve your goals easily and quickly, but you are affirming you are at least capable of doing so. This affirmation may feel a little better, but it can still be improved.

✓ *I am eager to achieve my goals easily and quickly.*

That one feels better; a little more upbeat and inspiring, right? Maybe it even triggers a little glimmer of hope that it's possible to achieve your goals quickly and easily? How about this one:

✓ *I am ready to achieve my goals easily and quickly.*

Notice one important thing about these examples – all I am doing is inserting **emotionally-charged** words into the original affirmation! Capable, eager, ready . . . these words simply trigger your emotions so that the statement makes you feel better about your goals.

Do you think that feeling better about your goals will bump up your level of motivation and determination?

Do you think that being eager and ready to move forward might inspire more focused action and persistent effort over time? Absolutely!

Remember, the true power of an affirmation is that it makes you feel differently, form better beliefs, and take more productive actions. Now you can see how this works in our examples.



Next we'll go over the exact steps you should take when writing your own powerful affirmations:

Step One: Identify the Goal

First, you need to be very clear about what you want. Not the outer goal; but the inner goal of how you want to FEEL. Focus on the essence of the feeling you are aiming for. For example, you want to feel confident, strong, empowered, happy, uplifted, free, inspired, loved, proud, secure, and so on. If you were creating an affirmation to help you lose weight, your goal would probably be to feel proud of your body, light, happy, confident, or craving-free. Ideally you will want to focus on just ONE essence per affirmation rather than trying to cram a bunch of different goals into one. Let's say that your main goal is to overcome feelings of self-hatred and start loving your body. The essence you are going for is self-acceptance. You could call it different names but it really comes down to being able to accept your body rather than hating it.

Step Two: Lay the Foundation

Now create the basic affirmation, which is simply the new “truth” you wish to experience. Using the weight loss example above, your new affirmation might be:

✓ *I completely love and accept my body.*

But remember, if you don't feel so good about your body, that statement is going to trigger a strong feeling of resistance, disbelief, and maybe even anger. You just won't believe it's true because it ISN'T true (yet). That's okay – we're just laying the foundation before we move on to the next step.

Step Three: Soften Rough Edges



Right now your affirmation doesn't feel good to you – it just brings up some unpleasant thoughts and feelings and does nothing to shift your beliefs about your body. However, there are many ways we can “soften” it a bit and make it feel better. For example, adding the word “**choose**”.

Adding that little word helped, didn't it? But some people still might struggle with the affirmation even in its altered form. How about adding **"okay**

Ah, that one is better! You aren't saying that you DO love and accept your body; just that it's okay to do so. Even though we're taking a roundabout route to the main goal, you can still feel a stronger sense of acceptance about your body, right?

✓ *I am willing to love and accept my body.*

If that one still feels a bit too unbelievable, you could add **“learn”**:

Softening the edges just means choosing words that are a bit more relaxed so that you have an easier time believing in the concept. Most often this is a temporary measure because after saying the softer version for a few days to a few weeks, you will be able to step up to the stronger version.



completely love and accept my body." This is an effective way to gradually improve your beliefs and feelings on any subject.

How to Tell if an Affirmation Will Work

You can probably guess what comes next. You can tell that an affirmation will work by the way it makes you feel when you say it. If it makes you feel good in any way (positive, uplifted, inspired, motivated, enthusiastic, optimistic) then it's going to be effective.

If it makes you feel negative in any way, it's not going to work like you intend until you tweak it further. In particular, be on the lookout for any of these feelings when you recite your affirmation:

Doubt

If you feel a twinge of doubt or disbelief when you say an affirmation, it's not going to be effective because that's a sure sign that the affirmation conflicts with your existing belief structure. By nature your mind is programmed to resist anything that conflicts with your beliefs.

Discomfort

You may also feel a sense of discomfort when saying an affirmation; and this usually happens when you feel as if you are “lying”. Again, this is because your existing beliefs directly contradict the affirmation and you cannot accept it as true.

Anxiety

If you feel anxious when you state an affirmation, there could be two things going on. First, you may feel more intense discomfort as described above; a sense that you are “lying” and you don’t feel good about it.

Another possibility is that the goal itself makes you feel anxious. For example, saying an affirmation like, “I allow great abundance to come to me” might create a sense of anxiety if you have fears about having too much money.





The good news is that even when you can tell an affirmation isn't going to be effective, you can still keep tweaking it as much as you like until it does work. And you won't have to waste days or weeks trying to figure out whether it will work for you; you can tell within moments after saying it. If it doesn't trigger some kind of positive feeling within you, you are not done tweaking yet. Couldn't be any simpler, right?

In order to be effective, affirmations really need to be recited MANY times each day. Most people say affirmations perhaps once or twice a day, and they don't realize that they aren't being nearly proactive enough to create substantial change.

I always recommend that people sleep, eat, and LIVE their affirmation. Say it hundreds of times a day. Make a song out of it and sing it while you're driving, cleaning, walking the dog, shopping, working, or doing anything else. Make it a constant fixture in your mental processes.

If you find that you have trouble remembering to recite your affirmation all day, you can stick little notes all around your house, vehicle and work space to remind you.



You can also choose a piece of jewelry or another item that you can carry with you, and designate it as your “affirmation reminder”. Every time you look at or touch the item, it’s your cue to state the affirmation a few times. Another good reminder is to choose a common word like “the” or “and” – and every time you hear or see that word throughout the day, take it as a cue to recite your affirmation.

The Best Way to Recite Affirmations

Instead, try injecting a bit of these into your affirmations:



Power

The same thing goes for power. The more empowered you feel when reciting your affirmations, the more effective they are going to be. Notice the difference between the following two affirmations:

- ✓ "I am open to the flow of abundance now."
- ✓ **"I AM open to the flow of ABUNDANCE NOW."**

This makes the affirmation more like a command than just a positive statement of fact, and it's a great way to get over any feelings of uncertainty or doubt you may have. Just say your affirmation with strength and power in your voice (or even mentally) and you will quickly notice a sense of inner strength and determination rising up within you.

Conviction

Conviction is similar to power but it's more about believing that your affirmation is true, and underscoring the fact that you believe it.

- ✓ "I am successful at everything I do."
- ✓ **"I AM successful at everything I do."**

Period. Done. End of story! Can you sense the finality being expressed here?

When you say affirmations with a strong sense of conviction, you are asserting that they are the truth, period. This is powerful because you are using your conscious mind to impress a new "truth" into your subconscious mind. Repetition is necessary before it will stick, but it will eventually stick.

Faking It Is Okay!

I should note that it's okay to fake your feelings of passion, power and conviction at first. In fact, you may have to do that if you don't feel very confident when you first start using affirmations.

By "faking it" I mean that even though there may be a little voice in the back of your mind saying, "Oh please, you know that's not true" you simply ignore it and act as if your affirmation were true anyway. You know it isn't true but you are choosing to act as if it IS true.

Believe me, you won't be acting for long if you keep up with these



techniques – they really work in helping to shift your mindset so you feel much more empowered and optimistic about changing any unsatisfactory circumstances in your life.

How Long Will Affirmations Take to Work?

Believe it or not, if you use the techniques in this guide, it shouldn't take long for you to start seeing positive changes – maybe a month at most, but more likely within a couple of weeks.

First, before you see any outer changes you will notice inner changes taking place. You will feel better and notice that you don't have such a hard time believing your affirmations are true. This is a sign that you are starting to change your beliefs!

Shortly afterward is when physical changes will take place, especially as you feel more confident about stepping out of your comfort zone and taking action. There are possible delays that can happen, and we will cover those in the "Challenges in Using Affirmations" section coming up.

Other Ways to Use Affirmations

Besides verbally reciting affirmations hundreds of times a day, you can also have a bit of fun with them and boost their effectiveness even more. Here are a few ideas:

Write Them Down

Writing your affirmations is incredibly powerful because you have to spend more time focused on them than you would just by speaking them aloud or mentally reciting them.

For example, "I am ready to meet the love of my life." Imagine writing this statement over and over again, 40 or 50 times in one sitting. How strongly do you think that affirmation would sink into your mind? Pretty strongly!



Meditate and Visualize Them

Rather than just speaking and writing affirmations, you can spend more time on them by devoting 10 or 15 minutes to seeing them in your mind – that means seeing the words as well as seeing the “pictures” of how your life will change when the affirmation becomes truth.

Paint or Draw Them

Speaking of pictures . . . painting or drawing your affirmations is a great way to add more power to them because you help the messages sink in more easily when you access the creative, non-logical side of your brain. It doesn't matter if you're not a professional artist; your pictures don't have to be perfect. You can even use finger-paints or crayons if you want to! The important thing is to have fun creating them and pour a lot of passion and enthusiasm into the creative process.

Carry Them with You

When you get done writing, drawing or painting your affirmations, carry them with you. Fold them up and stick them in your wallet or purse as a constant reminder of what you are striving toward. Whenever possible, take them out and look at them to reignite your motivation.

Common Challenges in Using Affirmations

We've covered a lot of ground on the various techniques you can use to create powerful, effective affirmations, but there are also a few challenges you may encounter along the way.

Challenge #1 – Trying to Accomplish Too Much, Too Fast

Affirmations are extremely helpful in dismantling limiting beliefs and forming more empowering beliefs, but if you try to take on too much at once you will likely end up feeling frustrated and getting nowhere.

This is where the gradual step-up technique we covered comes in handy. Rather than trying to leap straight from a belief that says, “I have no money” to a belief that says, “I am a millionaire” – start smaller.



Remember that many of your existing beliefs are very old, very well established thought patterns and it may take time to change them. Your odds of success are much greater if you baby-step your way to your goals rather than trying to take one giant leap from here to there.

Challenge #2 – Trying to Believe the Unbelievable

Some affirmations won't work because they are just too unbelievable and you can't wrap your mind around them.

For example, if you currently earn \$20,000 per year, you wouldn't want to create an affirmation that says "I earn \$1,000,000 per year" because that's just too far outside the realm of your existing reality.

If you tried repeating an affirmation like that, all you would do is trigger limiting beliefs like these: "I could never find a job to pay me that much money. I don't have the education or experience. Only CEOs earn that kind of money."

Instead, try the step-up technique here too. Rather than aiming for a massive goal, try affirming that you can double your current income, or choose a goal that's just slightly larger than your existing reality, like earning an extra \$10,000 next year.

You can always keep stepping it up and up and up as you go along!

Challenge #3 – Inconsistent Effort

I said it earlier and I'll say it again; you have to be consistent and proactive with affirmations to make them work! Forming new habits can be difficult, but do whatever you can to be consistent with your efforts.

If you can, set aside some time at the same time each day to work on your affirmations. First thing in the morning, last thing before you go to sleep, during your lunch break – whenever you can fit it in the time, do it.

But be very consistent with it or you will be likely to lose interest because you aren't seeing any results.

Challenge #4 – Expecting Too Much, Too Soon

It would be great if you could say an affirmation a few times and have everything around you transform as if by magic . . . but we both know that's not going to happen. Even if you aren't expecting miracles, it's important to



In fact, your affirmations will continue to grow and evolve with you. The more work you do on your personal and professional growth, and the more control you gain over your self-talk, the less you will need to do the “stepping-up” technique we described at the beginning of this guide. You simply won’t feel the need to “soften” your affirmations to make them more believable. Instead, you will easily remain open to big goals and believe they are possible for you.

As your initial affirmations start to come true, be sure to keep expanding them to be bigger and better! Don’t settle for just “good” results – keep going after GREAT results in every area of your life. Make long lists of everything you wish to accomplish, and then steadily and surely change the way you think about those areas of your life.

As you change your thoughts, beliefs, feelings, and actions for the better – the circumstances of your life must also change for the better. Once you understand the reliability of this approach, you should find yourself feeling very motivated and inspired because that means virtually ANYTHING is possible for you.

Every goal is achieved the same way; step by step.

Sample Affirmations

Below are some sample affirmations you can use as they are or as a foundation for creating your own personalized affirmations:

Affirmations for Love

- ☑☑I allow myself to be loved.
- ☑☑I am ready to meet my soulmate.
- ☑☑I am willing to open my heart and trust.
- ☑☑I believe that my true love is out there.
- ☑☑I am attractive and lovable.
- ☑☑I deserve a loving, committed relationship.
- ☑☑My true love will arrive with perfect timing.



Affirmations for Money

- ✓ I welcome great abundance into my life.
- ✓ I allow money to flow easily to me.
- ✓ I am ready for an easier lifestyle.
- ✓ I trust that I can easily create more income.
- ✓ My income keeps growing daily.
- ✓ I deserve to have an abundant life.
- ✓ I deserve everything good I desire.

Affirmations for Good Health

Affirmations for Weight Loss

- ✓ I am getting slimmer day by day.
- ✓ I easily make wise food choices.
- ✓ I intuitively know what's best for my body.
- ✓ My body processes all foods efficiently.
- ✓ My metabolism is improving daily.
- ✓ I feel light and attractive.
- ✓ I am ready to release excess weight now.

Affirmations for Stress Relief

- ✓ I easily release tension and anxiety.
- ✓ All is well in my world right now.
- ✓ It's okay to let go of things I can't control.
- ✓ I give myself permission to relax.
- ✓ I choose to feel peaceful and centered.
- ✓ Frustration and anger fade away easily.
- ✓ I choose to be happy and carefree.

