

Working with Affirmations

Definition: Affirmations are statements that describe a desired condition or situation. They are composed of words with the intention of bringing images to the mind. They are repeated regularly. The repetition and the mental images impact the subconscious, which then transforms behavior, habits, actions and reactions.

The purpose of affirmations is to evoke a picture or mental image because a picture is more powerful than written words.

Guidelines for Creating Powerful Affirmations

1. Start every affirmation with the two most powerful words in the English language, “**I am...**”
2. State the **affirmative** outcome, not a negative one.
3. Use the present tense, not something in the future.
4. Be brief; imagine that every word costs \$1,000.
5. Be specific.
6. Use an “ing” verb, such as “driving, talking or swimming.”
7. Use a “feeling” word, such as “happily, joyfully, etc.”
8. Make it personal and significant to you; you cannot change the behavior of another.

Using Daily Affirmations

- Transcribe them onto index cards and read them at least twice a day, every day.
- Carry them in your wallet or save them to your cell phone so you can read them while waiting.
- Write them on post-it notes or reminder cards and affix them or leave them places you look at daily (bathroom mirror, car dashboard, etc.).
- Program them into your computer as your background or your screen saver.
- Affirmations to go: Set alarms on your cell phone for the task to “read affirmations.”
- Meditate using affirmations.

What Affirmations Do

Affirmations motivate! They keep your mind focused on your goal! They influence your subconscious and activate its powers. They change the way you think and behave; this can bring you into contact with people who can help you attain your goals. As positive statements, they make you more positive, energetic and active, and therefore in a better position to transform your inner and outer worlds. The repeated statements spread like radio waves, calling the Universe to help achieve your goals.

Sample Affirmation

I am (feeling word) (ing verb) as (specific example) in (present tense).

I am happily walking on the sunny beach during my 2019 summer vacation in Santorini, Greece..