

HOW TO USE AFFIRMATIONS

An affirmation is a short, powerful statement. They allow you to consciously be in control of your thoughts. An affirmation is carefully constructed to have the most impact. When you say them or think them, they become the thoughts that shape your reality.

STEP 1: "I AM..."

Beginning your affirmation with the words 'I am' makes it powerful. It uses language that gives your subconscious mind a command. Your mind then interprets it as a directive that it must follow through on.

STEP 2: USE PRESENT TENSE

Speak about things as if you already have them. It helps your mind to visualise the outcome. For example, you can use 'I am unlimited in my wealth, all areas of my life are abundant and fulfilling'.

STEP 3: SPEAK ABOUT WHAT YOU DO WANT

Do not use negatives in your affirmation. Your subconscious mind does not recognise negatives. So if you say, 'don't shut yourself off to new opportunities', all your mind hears is 'shut yourself off...' Instead, try saying 'I am open to new opportunities'.

STEP 4: KEEP IT BRIEF

It is easier to remember something that is short and snappy. Think "I naturally choose healthy foods", rather than "I always choose healthy foods over junk food because I'm mindful of my health".

STEP 5: BE SPECIFIC

Including a specific makes it easier for your mind to visualise the outcome. So instead of, "I am peace", try "peace begins with me, the more peaceful I am inside, the more peace I have to share with others, world peace really does begin with me".

STEP 6: WRITE IT FOR YOU

Make sure your affirmations describe your own actions and not the actions of others.

STEP 7: MAKE IT MEAN SOMETHING

Make sure your affirmation means something to you. It has to be meaningful on all levels. Speaks to you and crafted correctly.

