

Positive

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# Affirmations

◆◆◆ To Change Your Life ◆◆◆

# 1. Introduction

Every thought you think, every word you say is an affirmation. All of our self-talk or inner dialogue is a stream of affirmations. We are continually affirming subconsciously with our words and thoughts. This flow of affirmations create our life experience in every moment.

**Our beliefs are just learned thought patterns that we have learned & developed since childhood.**

Many of these work well for us, but others may be working against us; they are dysfunctional and may be sabotaging us from achieving what we believe we want. Learning to control these subconscious stream of thoughts is what positive affirmations is all



## 2 • What Are Positive Affirmations

Positive Affirmations are usually short positive statements, repeated & targeted at a specific subconscious set of beliefs, to challenge and undermine negative beliefs and to replace them with positive self-nurturing beliefs. It is a kind of "brainwashing" only you get to choose which negative beliefs to wash away. The repetition starts to sink into your subconscious mind, and you really start to believe them. They become your self-fulfilling prophecies, and **BECOME TRUE!**

# 3. Why Use Positive Affirmations

Affirmations are for real! There are many reasons why it will be hard to find any type of counselor or addiction recovery place that does not use them. They can have a really powerful cumulative effect, and help create real, lasting, dramatic changes to your life; to how you think, to how you act, to how you live your life!

## **Positive Thinking Benefits Include:**

1. Boost Self Confidence
2. Cope Better With Stress
3. Improve Your Immunity
4. Positive minds attract positive events
5. harmonious relationships with loved ones
6. Positive thinking and optimistic attitude will turn all your problems into opportunities

# 4. Self Talk Cycle

Affirmations are simply what you tell yourself about yourself and your environment. Many people when not paying attention to what they are thinking are letting negative self-talk over, and in turn makes them feel & act negatively.

**Let's look at how self talk impacts us:**



# 5 • When to Use Positive Affirmations

Positive affirmations give you back control of your mind & the information it receives. They puts you in the driver's seat of your mind, and lets you flood it with positive information which will change you for the better!

**You can use affirmations in any situation where you'd like to see a positive change take place.**

These might include times when you want to:

1. Raise your confidence before presentations or important meetings.
2. Control negative feelings such as frustration, anger, or impatience.
3. Improve your self-esteem.
4. Help overcome addictions.

# 6. How to Get Started

## **1. Identify your negative self-talk or beliefs**

Think of areas of your life that you would like to improve or how you want it to be.

## **2. Create Positive Affirmations out of those beliefs**

Now look at each item on the list and write out a few positive statements for each. They must be positive and in the present tense, focus on what you do want, not on what you don't want.

*Example: If you struggle with substance abuse, your affirmation might be "I am ready and willing to release the past, now"*

## **3. Make a commitment to be consistent**

Practice your affirmations 2x daily for 10 mins total and repeat for at least 30 days

# 7 • Begin Using Your Positive Affirmations



1. Stand tall & relax the shoulders
2. Have affirmations in front of you either printed or written out
3. Say them with confidence! Read them like they are already true or are happening that way.



# S. Tips When Using Positive Affirmations

## VISUALIZATION

**Visualize your affirmations as a reality.**

See your future, more confident/ successful self. It's actually an automatic thing to do and it's the visualizations that actually trigger change.

See and FEEL your goals. Imagine how someone more confident might stand, what they might say, how you would feel inside.

Standing in front of a mirror can help you monitor your posture and confidence.

# 9. Tips When Using Positive Affirmations

## ANCHORING

**Anchor your affirmations by associating a stimulus or touch while visualizing.**

The premise of anchors is basically the same as Pavlov and his dogs. You set an anchor by associating a unique trigger to a certain state.

When in that state, trigger a unique anchor to associate the anchor and the state together.

Example: If you want to be happier, create an anchor for happiness by thinking of a happy time in your life and maybe clench your toes. After a little repetition you will begin to associate your clenched toes with happiness.

# 10. Tips When Using Positive Affirmations

## ANCHORING

### How to:

1. Search your memory for a positive event in your life that was especially empowering, a moment where you felt a thrill of accomplishment, excitement or triumph.
2. Close your eyes and let yourself re-experience that event and examine what you're seeing, hearing, feeling and smelling.
3. At the peak of your most intense feelings of happiness, fire off a unique anchor (such as clenching your toes) Repeat a few times while in that peak state.
4. Close your eyes again and let yourself re-experience that powerful memory, evoking all the sensory impressions, feelings and emotions involved. While you are at the height of that feeling, repeat your new affirmation, either out loud or in your mind.
5. You will make your dreams come true faster than you ever thought possible when you imprint your affirmations to your subconscious brain by using emotional anchors.
6. Change to a neutral state. Break your state by standing up, moving around, shaking yourself out of it. Then repeat the process again. After numerous repetitions, the state will be anchored into you.



# 11. Tips When Using Positive Affirmations

The key to being successful when using positive affirmations is to **BE CONSISTENT!**

Say your affirmations twice daily!

Once in the morning to ensure you have a great day and the second time right before you go to bed so you can have positive thoughts in your dreams. While you sleep, your thoughts seep into your subconscious and solidify as you sleep.



# 12. Tips When Using Positive Affirmations

Post your positive affirmations on your mirror, on the fridge, around your work space, on the visor of your car, etc.

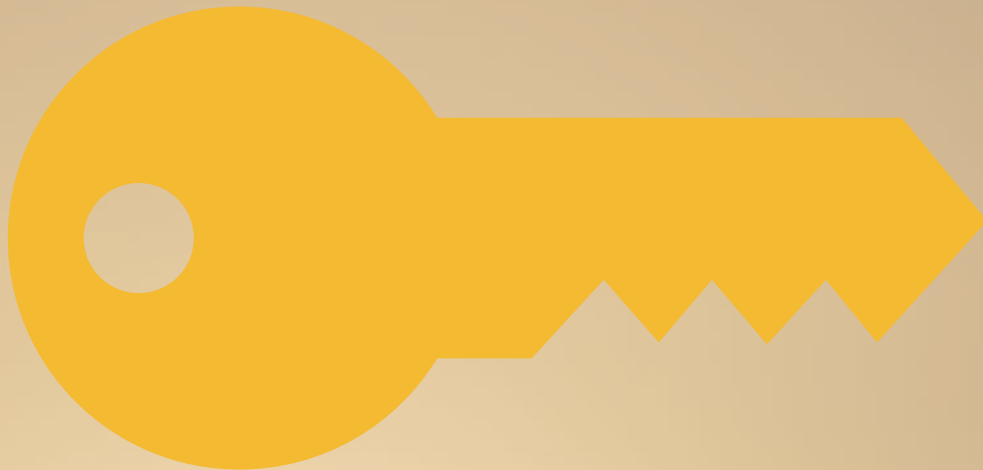


This will give you more opportunities to remind you of your goals and to stay focused.

The more frequently you remind yourself of what you want, the faster you will achieve success!

# 13. Conclusion

- CONSISTENCY - CONSISTENCY -  
- CONSISTENCY -



**Consistency is all you need.**

**It is the secret key. It is the path which separates failure from success.**

# 14. Affirmations FAQ

## 1. How quickly will affirmations work for me?

Most people experience change immediately. It depends on the issue, how deeply the belief is held and how determined you are to bring about change in that area of your life.

## 2. Will affirmations work for me?

YES! No matter what aspect of your life you need to change or who you are, affirmations will work, as long as you stay consistent.

Reprogramming your mind and removing the old negative beliefs that have been sabotaging

you again and again throughout your life.

They can enable you to achieve the life you've always wanted for yourself!