

Positive Affirmations

Positive Affirmations are short positive statements that describe the person you want to be. You read them to yourself every day and really absorb what they say. Slowly you can become that person.

Mumbo Jumbo

Many people regard this as ethereal and spiritualistic nonsense, but actually it is a process founded on science.

Our subconscious has a very powerful effect on how we behave and how we perform. Our beliefs and behaviours are learned thought patterns that we have developed since childhood. Many of these work well for us, providing a framework for our lives and programming our responses to different situations. However others may now be working against us, they may be preventing us from achieving what we now want.

Change for the better

Negative beliefs about ourselves often date back to childhood and have been programmed into us by family members and teachers. Being told that we are not good enough or can't do things in early life tends to establish that as a belief in adulthood. These types of negative beliefs can hold us back and work against us as we attempt to progress in life.

So your Positive Affirmations are targeted at specific subconscious embedded beliefs, to challenge and undermine negative beliefs and to replace them with positive expansive beliefs.

How to write affirmations

Affirmations should be:

- **Positive** – stating what you want to be or have, not what you don't want
- **Personal** – starting with **I** or **my** and describing a quality or attribute that you want
- **Present** – stated in the present tense as if you already have that quality or attribute e.g. **I am...**

Now write 6 affirmations for yourself and read them aloud to yourself 5 times every morning and 5 times every evening. As you read each one visualise what it would feel like or look like to be exactly as you describe.

My Affirmations

1.

2.

3.

4.

5.

6.
