

MAKING AFFIRMATIONS

TRAINER 

THERE ARE FOUR TYPES OF AFFIRMATIONS

There are four types of affirmations: affirmations of word, thought, feeling and action.

An affirmation of word is almost like a mantra. It does not matter if what you are affirming is not totally true as yet.

By repeating an affirmation over and over again, it becomes embedded in the subconscious mind, and eventually becomes your reality.

The affirmations you compose personally are the strongest, for they reflect what your mind actually feels.

It is important that an affirmation have emotional force behind it and that it means something to you. Emotion harnesses the energy. It puts you 'in flow'.

The words do not really matter: **it is your feelings that count.**

MAKING AFFIRMATIONS

- 1** Write them down.
- 2** Make them short, sharp and to the point.
- 3** Put them up on the wall somewhere you will see them.
- 4** Say them out loud. A real test is to say them while looking in a mirror.
- 5** Make a time each day when you will give them all a thorough run through, like when cleaning your teeth or getting dressed. Mine are on the mirror for that reason.
- 6** Share them with your friends, so that they can point out to you the times when they see you succeeding.

- 7** Say them in the first person. I am ... I now have ... I always ... Mary Smith' s ... etc.
- 8** Always focus on the positive end result. Say affirmations as if they are already true and have already happened, not as if you want them to some time in the future. And describe only what you want. For example, say "I have beautiful fingernails" rather than "I don't bite my nails".
- 9** Add heaps of emotion! Emotion adds tremendous power to your affirmations. Use words like "loving", "joyfully", "powerfully", "enthusiastically" and "peacefully".
- 10** Repeat, repeat, repeat, repeat, repeat, repeat, repeat, repeat. Repetition is the key to implanting new programs. Remember these affirmations are an intensive advertising campaign.
- 11** Make sure there is a sense of balance in your affirmations. Set goals and affirmations for all areas of your life.

If your belief system with regard to money needs more positive reinforcement then some of these additional prosperity affirmations will be great to repeat throughout the day.

- ▶ Day and night I attract money and prosperity.
- ▶ I am open to receive riches and abundance.
- ▶ I am open to receive more money and success.
- ▶ There is always a surplus in my life.
- ▶ It is ok to make more money than dad.
- ▶ I am an energetic person.
- ▶ Each and every day brings fresh new opportunities.
- ▶ I accomplish more in less time than ever before.
- ▶ I am successful in everything I do.
- ▶ Automatic Wealth is mine.
- ▶ I am optimistic and filled with enthusiasm.
- ▶ My life is a reflection of my success.
- ▶ I have clear goals in mind for my life.
- ▶ I feel great about my life. I know that I am a winner.
- ▶ I am a happy person. I enjoy life. Life is good to me.
- ▶ I excel at whatever I do. I have a positive expectancy.
- ▶ I attract my share of abundance and possessions.
- ▶ Everyday I achieve more and more.
- ▶ I have enough money for everything I need plus some.