

What are affirmations?

An affirmation is a confirmation of truth.

According to the subconscious mind, everything you tell yourself is an affirmation.

This includes our habituated self-talk.

Affirmations are conscious and subconscious messages that you tell yourself daily.

It is estimated we have up to 6,200 thoughts per day, and 70% of those are actually negative.

Most of the thoughts we have are in fact habitual.

Sometimes affirmations can be negative...

Let's say you are interviewing for a new job and as you are driving there you began to notice a familiar feeling in the pit of your stomach.

This feeling is evidence that your brain is making repetitive patterns based on the way you think.

Anxious thoughts take over--

"I'm going to embarrass myself at this interview"...

"I can't do this, I'm too nervous"...

One by one these negative affirmations build up a false truth within your subconscious mind...

Positive Affirmations can help to ease fear, doubt, and limiting beliefs.

Recipe for Success

Routine and practice

The subconscious mind needs routine, structure, and repetition in order to get to the stage where positive thinking goes into autopilot.

Avoid using negative words in affirmative statements

The subconscious mind does not understand context so choosing the right words is a biggie. Always be careful when picking words for your affirmations and opt for more positive word choices where you can.

It doesn't matter if you don't believe

The truth is that the majority of people don't believe in their affirmations at first. When you recite affirmations, you work on a conscious level in an attempt to influence the subconscious mind. Belief won't happen on a conscious level until your desires start to manifest-- but you can create belief on a subconscious level simply by keeping your thoughts well disciplined.

You must feel what you are saying

Words are simply words. Without the correct emotion behind them, they will never influence the change you want. You must feel your words. When you recite affirmations, your subconscious mind begins to go through a rewiring process.

It is through this restructuring that you are able to bring your desires into your reality. This is known as "The Law of Attraction" and it works on an energetic level.

When someone says "like attracts like", what they really mean is that the energetic signal being emitted from your being is essentially drawing in the things that are an energetic match to itself. Your thoughts and feelings are simply vibrations that are released out into the universe in order to attract more vibrations of the same frequency.

When you use conscious affirmations, you take back control of the energetic frequency being emitted and therefore attracted.

Speak your affirmation aloud

There is an energetic difference between thinking and speaking. When you say your affirmations aloud, notice the physical sensations that grow within your body right before you release them out into the ethers.

*I am exactly who I need
to be at this moment.*

I know what it feels like to be exactly who I need to be at this
moment.

It is safe and possible to be exactly who I need to be at this
moment.

I am already used to being exactly who I need to be at this
moment.

I am worthy of the time it takes to be exactly who I need to
be at this moment.

I am good enough to remember to be exactly who I need to
be at this moment.

I know how to be exactly who I need to be at this moment.

I know how to allow myself to be exactly who I need to be at
this moment.

*I accept myself
unconditionally.*

I know what it feels like to accept myself unconditionally.

It is safe and possible to accept myself unconditionally.

I am already used to accepting myself unconditionally.

I am worthy of the time it takes to accept myself
unconditionally.

I am good enough to remember to accept myself
unconditionally.

I know how to accept myself unconditionally.

I know how to allow myself to accept myself unconditionally.

I choose to stop
apologizing for being me.

I know what it feels like to choose to stop apologizing for
being me.

It is safe and possible to choose to stop apologizing for being
me.

I am already used to choosing to stop apologizing for being
me.

I am worthy of the time it takes to choose to stop apologizing
for being me.

I am good enough to remember to choose to stop apologizing
for being me.

I know how to choose to stop apologizing for being me.

I know how to allow myself to choose to stop apologizing for
being me.