



# Terms and Conditions

## **LEGAL NOTICE**

The Publisher has strived to be as accurate and complete as possible in the creation of this report, notwithstanding the fact that he does not warrant or represent at any time that the contents within are accurate due to the rapidly changing nature of the Internet.

While all attempts have been made to verify information provided in this publication, the Publisher assumes no responsibility for errors, omissions, or contrary interpretation of the subject matter herein. Any perceived slights of specific persons, peoples, or organizations are unintentional.

In practical advice books, like anything else in life, there are no guarantees of income made. Readers are cautioned to rely on their own judgment about their individual circumstances to act accordingly.

This book is not intended for use as a source of legal, business, accounting or financial advice. All readers are advised to seek services of competent professionals in legal, business, accounting and finance fields.

You are encouraged to print this book for easy reading.

***“Thought is the sculptor who can create the person you want to be.”***

**- Henry David Thoreau -**

# Table of Contents

## **CHAPTER 1 – How Does Affirmation Work?**

- Affirmations and your subconscious mind
- Breaking through the strongest resistance
- How do affirmations affect your life?

## **CHAPTER 2 – Steps to Creating Your Own Affirmations**

- Define your standards
- Follow the formula of affirmation
- Say affirmations in first person
- Create affirmations in a positive way
- Rehearse your affirmations
- Repeat affirmations as often as you can
- Use affirmations properly

## **CHAPTER 3 – Designing Your Daily Affirmation Exercise**

- Affirmations and your thought patterns
- Get real results with powerful affirmation exercises
- Pointers for designing affirmation exercises
- Design a dynamic affirmation exercise

## **CHAPTER 4 – Magnifying the Power of Daily Affirmations**

- Understanding the power of intention
- Boosting the power of affirmations
- Design your own vision board
- Use word or image visualizations
- Visualize specific scenarios

## **CHAPTER 5 – Change Your Life with 100 Powerful Affirmations**

- Personal Affirmations for Radical Success
- Strong Affirmations for Attracting Wealth
- Effective Affirmations for Self-esteem
- Powerful Affirmations for Better Health
- Affirmations for Building Long-lasting Relationships
- Affirmations to Keep You Driven and Motivated

# **Chapter 1**

## **How Does Affirmations Work?**



Image: FreeDigitalPhotos.net

## **Affirmations And Your Subconscious Mind**

The first step to making positive changes in your life is to overcome your negative thoughts. The best way to change your thinking pattern is to reprogram your mind and blast your brain with positive affirmations that can lead you towards your desired results. While this process cannot bring about instant change, it can actually accelerate your progress and take you a fewer steps away from radical success. With the right choice of positive affirmations, you can finally achieve your life goals and see results you may have never thought possible.

So, how do affirmations work? At first, you may think that it is just some weird idea of planting seeds of reality on your mind. However, affirmations are actually backed by neural science. While affirmations cannot substitute the effect of medical treatment, they can still affect your overall mental health in a positive manner. When affirmations are practiced regularly and deliberately, they can slowly reinforce brain pathways and strengthen the connection between two neurons. This increases the likelihood of conducting the same message you want your brain to process.

Try to imagine a chunk of dry land. When rain pours, water will not have a place to go until it finally cuts a certain path through the arid land. As more and more water runs through that same path, it can cut a deeper indentation into the land. The deeper the dent, the more water will start running through it. Positive affirmations work exactly like that. In neurology, you can sum up this idea in one phrase – neurons that are capable of firing together can wire together. The brain also eliminates synapses that it rarely uses.

On the other hand, neurons that are regularly used can create patterns that add strength to the bond between them. As they wire together, they build a complex network that will automatically respond every time you encounter certain triggers in your daily life. Every word you say and every thought you think can turn into a grand stream of affirmations. Since childhood, you acquire beliefs and develop thought patterns that may either work well for you or work against you. Some of them may also be dysfunctional, jeopardizing your chances of achieving exactly what you want.

Every word that you say or think actually reflects your set of beliefs or inner truths. Most of these inner truths may not be true for now. In fact, they may be based on inappropriate or inaccurate impressions that you were able to form when you were still a child. Once you reach adulthood and examine those convictions, you can start identifying whether they are appropriate or not. To understand how affirmation works, you should also be familiar with how your subconscious helps you respond to certain events in your life.

Your subconscious mind automatically uses the behavioral patterns you have learned as you respond to daily events in your life. This process is essential to your survival because it allows you to respond quickly to the events around you, which would otherwise be impossible if you have to examine every aspect of the simplest things that happen. All the thought patterns and responses you have learned allow you to respond to circumstances in a timely manner. However, some of the beliefs you have formed from a baseless perspective may get in your way of responding to difficult circumstances in an appropriate manner.

When problems arise, you have the option to use positive affirmations in order to challenge the negative beliefs and thought patterns you have acquired. These positive statements aim to replace negative thinking



patterns with positive, self-nurturing beliefs. The way positive affirmations are constructed can either strengthen or weaken their effects. As you continue reading this e-Book, you will learn how to construct your own set of affirmations. With these positive statements, you can finally focus on achieving your inner goals while consciously shaping the thoughts and words that reflect your self-nurturing beliefs.

### **Breaking Through The Strongest Resistance**

The more determine you are to make changes in the way you think, the more prepared you can be when it comes to accepting change and letting go of your past. Once you have chosen to believe the affirmations you have created, you can force your subconscious into two opposite reactions – reappraisal or avoidance. The bigger the issue you face, the bigger the gap between inner truth and positive affirmations will be. This may cause you to experience resistance, a process wherein the subconscious mind chooses to stick to perceived inner truths and prevent you from examining the issue at hand.

This strong reaction is usually marked by an overwhelming negative feeling that you experience as you try stating positive affirmations. On the other hand, reappraisal happens when you experience a sense of wellbeing and joy. This forces your mind to respond according to its set of beliefs in an instinctive manner. This thrilling sensation is a good indication that the affirmations you made are finally working. By constantly repeating affirmations with passion and conviction, you can start chipping away even the strongest resistance you may experience. You can even use additional techniques that can magnify the effectiveness of your affirmations.

Once you finally break the resistance, your subconscious will automatically re-examine its core beliefs and thought patterns. When your dysfunctional beliefs are identified and replaced by a new set of inner truths, things will change quickly before your eyes. Depending on how deep these beliefs lay in your consciousness, every other thought you learned based on your original inner truth will slowly become unfounded. Your subconscious mind re-examines all of them and walks you through a period of deep introspection. However, you may need professional support if you are currently experiencing a strong resistance.

Positive affirmations actually work by reprogramming your thought patterns, changing the way you feel about certain circumstances, and replacing dysfunctional beliefs with a new set of inner truths. These effects will eventually lead to a positive change that comes naturally and easily. The strong effects of your affirmations will start reflecting in your external life as you experience seismic changes that will improve many aspects of your life. Remember, affirmations are more than just positive statements. They can be used to create or destroy so they can either bring you failure or success.

### **How Do Affirmations Affect Your Life?**

Now that you already know how affirmations work, it will be best to understand how these positive statements can serve as catalysts of change. Positive affirmations are actually so powerful that they can change every area of your life. You can use them for something as simple as changing your eating habits to something as perplex as experiencing prosperity and contentment. While negative affirmations act as mental plaque that stick to the walls of your mind, positive affirmations can blow away those negative thinking patterns and build solid, strong, and effective thought habits.

Negative affirmations leave you ineffective, keep you trapped, and rob you of the personal success you deserve. Affirming statements work against these statements and take you to places you may have never thought possible. From day one, they will bring about certain changes that you will notice almost immediately. However, their effects vary from one person to another. Other people might feel extremely negative and experience a strong resistance that can make it harder to replace your negative thoughts with self-nurturing beliefs. Affirmations will work depending on how determined you are to changing certain aspects of your life.

Affirmations are great for anyone who wants to take control of his or her life. Why should you let other people determine your character? You will hold the power to take control of your life and shape your future once you have learned the proper use of affirmations. Encouraging thoughts that make good sense will turn into auto-suggestions that can reach the deepest and most hidden areas of your mind. As they fly into those hidden recesses, they will embed themselves in your mind until you decide to root them out. Whether you want to break bad habits or excel in your chosen career path, affirming statements will always serve your best interests.

So, will affirmations really help you? Yes, auto-suggestions have the power to make you feel better about yourself and achieve the radical success you deserve. When used correctly, they can actually manifest huge changes in your life. They can change the way you think and replace negative beliefs that have been jeopardizing your chances to improve every aspect of your life. They are powerful enough to give you the kind of life that you have always wanted for yourself. If you are not quite sure about how you can create your own set of affirmations, you will certainly find the next four chapters helpful.

# **Chapter 2**

## **Creating Your Own Affirmations**



Image: FreeDigitalPhotos.net

Every person has his own mental recordings that repeat again and again in his mind. Most of these statements actually come from childhood so they have been directing most of your actions for years. Unfortunately, most of these old mental recordings are feeding your mind with negative thoughts. While these statements do not come directly from people, they actually work as general theories that you have come to believe about yourself. For example, if your parents always told you to stay away from strangers, it might prompt your young mind to see the world as a dangerous rather than a beautiful place.

The same rule applies for those who were born in a family without much money. Their limited resources have led them to belief that they will never be capable of attaining or keeping wealth. The good news here is that you can already override those destructive beliefs with powerful affirmations. They can reinforce your good actions and change beliefs that need changing. However, you can only start making those changes once you have made a set of affirmations that are suitable to your situation. Here are a few rules that you need to remember when creating effective affirmations.

### **Define Your Standards**

The first thing you need to do when creating your own affirmations is to define certain areas of your life that you want to change. If you want to

become more confident, you have to define your standards of how a person with high self-confidence behaves. This way, you can give your brain a clearer idea of what a person with high confidence looks and acts like. Remember, the key to creating powerful affirmations is to string together a couple of words that will influence your subconscious mind. However, you should also make sure that the affirmations you made are as specific as possible.

### **Follow The Formula Of Affirmations**

The most important thing you need to remember when creating your own affirmations is that they have to be in present tense. Research shows that the subconscious mind does not have the ability to accept promises of how you will act in the future. For example, saying that you will start making healthy food choices will not give your subconscious a strict deadline for performing the promise you have made. Instead, you have to make affirming statements that you already exhibit. “I always eat healthy foods” is a powerful statement that your subconscious mind can accept as a fact.

### **Say Affirmations In First Person**

Affirming statements will only work properly once you have started saying them in first person. An auto-suggestion that says “You must make healthy food choices” will be barely as powerful as a statement that uses the word “I.” Personal statements such as “I choose healthy food items every time I eat” can deeply embed themselves in your subconscious and change your future actions. No matter how resistant your subconscious mind might seem, you can easily replace negative thought habits once you are led to believe that you have the power to change them.

### **Create Affirmations In A Positive Way**

Obviously, you should use empowering words when creating your own affirmations. For affirming statements to be effective, you have to avoid negative words such as do not, cannot, and will not. “I must stop eating too much” will send distorted messages to your mind. Your mind will interpret it the same way that it interprets “I eat unhealthy snacks.” This simple statement will automatically lead you towards a direction opposite to your goal. Instead, you have to say “I eat healthy snacks whenever I feel hungry” to tell your mind what your desired behaviour is.

## **Rehearse Your Affirmations**

After writing your affirmations, you are already to take the last step towards the results you want to achieve. You can make the most out of them by saying them out loud in the morning and the moment before you go to bed. This allows you to train your mind and replace its negative thoughts with affirming statements. If you fail to practice affirmations consistently, their effects will only begin to weaken. See to it that you are using them on a daily basis. If ever you get tired of the affirmations you are using, you can also try writing new ones every month or two.

For affirmations to work, you have to think of them as a lifelong commitment. Once you finally learn to have fun with them, you can become more confident until they become a natural part of your actions and inner truths. These clear and short statements will not only help you determine things that you would like to happen in your life. They will also help you build your success one block at a time. Whether you need something that can keep you motivated or contented with what you have, auto-suggestions can help you do just that by chipping away the mental plaque in the walls of your brain.

## **Repeat Affirmations As Often As You Can**

Another rule for making sound affirmations is to repeat them to yourself as often as you can. You can read them aloud every now and then or record them to a CD and listen to them every time you have a few minutes to spare. You can also make them more powerful by using the principle of inflection. This way, each repetition can make a slightly different meaning while reprogramming your mind to believe a new set of inner truths. Here are examples of a various affirmations that can automatically reinforce each other as they make their way to your subconscious.

“I create my future based on the actions I take now.”

- This is the basic belief that you want to embed into your subconscious mind.

“I CREATE my future based on the actions I take now.”

- The emphasis on the word “create” leads your brain to believe that your future is created and it is not something that just happens.



“I create MY future based on the actions I take now.”

- This statement emphasizes that you have the power to change your future.

“I create my future based in the ACTIONS I take now.”

- The emphasis on “actions” lets you know that your behavior is what matters when it comes to shaping your future.

### **Use Affirmations Properly**

Write affirmations on note cards and keep them in your wallet or purse. Every time you have a few moments to spare, you can always take them out and read them to yourself. To magnify their effect, you should state them in a firm voice while keeping a smile on your face. These actions will allow you to become more aware of the positive effect of the affirmations, which in turn allows them to enter your subconscious mind with greater ease. Once you have started using them on a daily basis, you can boost all the positive things in your life and get the life-changing results that you have always wanted to have.

Auto-suggestions also work better once you have learned to stick to a final rule. The important thing is to focus on one area at a time. Never try working on quitting bad habits, losing weight, feeling more confident, and making more money all at once. Remember, slow and steady always wins the race. Do not be afraid to start with a realistic goal such as losing weight and make affirmations for that sole purpose. You can either write them down in a note card or record them into a CD. Use them for several weeks and wait until they have taken effect before working on another goal.

With proper use of affirmations, achieving personal success will be as easy as pie. As long as you are ready to make changes in your life, those changes will come quickly and naturally. People who have tried using affirmations experienced changes almost simultaneously because they were able to embrace and accept changes. No matter how great your affirmations might sound, they will not really work well if you do not believe in their power. When it comes to using affirmations for personal success, results are a question of your ability to accept change rather than a question of time.



# **Chapter 3**

## **Your Daily Affirmation Exercise**



Image: FreeDigitalPhotos.net

Daily affirmations are nothing but a concise yet detailed script of how you want your life to become. The best thing about them is that you can tailor them to change every aspect of your life with little effort. You can also rehearse them any time you want. The more you say them with conviction, the more your subconscious mind believes that the things you are saying is true. Before designing your own affirmation exercise, you have to be familiar with how self-suggestions can affect your conscious and subconscious mind.

### **Affirmations And Your Thought Patterns**

Your conscious mind is your critical side. Without this part of the brain, it will be impossible for you to get things done. It is also where dreams and ideas are born. It sees things as they are, processes them, and allows the ego to decide if it can allow such ideas. It is not capable of focusing for long periods so it only has limited functions. On the other hand, your subconscious mind works like a computer by storing your life experiences in a network of neurons. However, it does not have the ability to identify what is real and what is not.

Imagine yourself telling both sides of your brain that you are earning \$10,000 per hour even if you can only make \$10 an hour. While the conscious mind will try bursting your bubble and telling you that what you are saying is not real, your subconscious mind can leave you believing that it is indeed true. Your subconscious does not have a concept of past and

future so it tends to view everything as happening now. Now that you have a deeper understanding of the power of the mind, you will begin to realize that you can use affirmations to make your subconscious believe anything you want.

When using daily affirmations, the main problem you will run into is your stubborn conscious mind. The trick here is to bypass that conscious side and tap your subconscious mind. Once your subconscious thinks that whatever you tell yourself is real, it will help you create circumstances that can give you the exact results you want. This is why affirmations that are said with enough conviction can slowly break through the barrier of your conscious mind. Aside from re-programming your thoughts, they can also alter your reality in a powerful way.

You may feel uncomfortable during the first days of practicing your daily affirmation exercise. You might even feel as if you were lying to yourself. However, this is not actually the case. Keep in mind that you are trying to change your old set of beliefs so it is only natural to feel uncomfortable at first. Challenging things that you have always believed to be true can be a lot of hard work. However, each positive idea you embed into your subconscious will lead to certain effects that will keep expanding in the exact way you want.

### **Get Real Results With Powerful Affirmation Exercises**

A highly effective affirmation exercise will make the most of assuring self-suggestions. These phrases or words can be written on note cards and put in a place where you can see them daily. They can also be recorded into a CD so that you can listen to them on a daily basis. All of these statements aim to do one thing – to remind you of all the positive aspects of your life while making you realize that there is still a lot of room for changing your negative thought patterns. Once you have created your own set of affirmations, you can finally practice them consistently.

If you choose to write your affirmations on index cards, you can read them daily and remind yourself of all your positive attributes and qualities. In this simple exercise, all you need to do is put the cards in places where you will notice them regularly. You can stick them to a mirror in your bathroom, tape them on your nightstand, or hang them on the dashboard of

your car. Here are some powerful statements that you can use for this simple exercise.

“I am a strong and capable person.”

“I am a winner.”

“I already solved problems like this before.”

“I am capable enough to handle whatever life throws my way.”

“I am a beautiful, talented, and intelligent person.”

Whatever statements you wish to use for this affirmation exercise, you should always use strong adjectives such as capable, intelligent, creative, and bright. You can also use strong combinations of words and phrase them in a catchy way. Simple phrases such as stay calm, take things easy, work smart, and take action will greatly affect the way you behave to certain circumstances.

If you have ever wondered why some people are capable of achieving things they desire while others find it hard to realize their smallest desires, you have to remember one thing. The key to your success lies in your ability to use visualizations, images, and words of affirmations while re-programming your mind and the way you think. Back up all these things with small changes in your actions and you will soon see results that you never thought possible.

### **Pointers For Designing Affirmation Exercises**

Before creating your daily affirmation exercise, it will be best to have a clear idea of what a positive affirmations sound like. Remember, you can only benefit from affirmations if you were able to word them correctly. When creating words of affirmation, you have to state them in present tense. Say them as if things were already as you imagined them to be. For example, it is better to say “I now have amazing prosperity and abundance” rather than “I will have amazing prosperity and abundance.”

When listing down your affirmations, it is also best to state what you want rather than what you do not want. The subconscious mind responds better to positive thoughts. Telling yourself that you are sexy, healthy, and energetic will always be better than feeling miserable about being fat and tired all the time To magnify the effect of these powerful words, you should also consider saying them aloud while standing in front of the mirror. This

technique allows you to confront yourself as you try challenging false beliefs that you have held for a very long time.

You can also enhance your daily affirmation exercise by trying to sing them to yourself. Many classes and workshops suggest singing affirmations because it bypasses the conscious brain and gains access to the subconscious mind with greater ease. Another technique that you can use to overcome the resistance that your conscious mind presents is to use subliminal affirmations. Many workshops already use this method so you will not have any problem practicing them on your own.

Another thing you need to remember when practicing affirmation is that you do not really have to fix all your problems at once. In fact, you will have greater chances of succeeding if you were able to focus on one aspect of your life at a time. Remember, daily affirmations can slowly change your life because they change your thoughts. The more often you say them, the quicker they will start working. Aside from saying them with enthusiasm and confidence, you should also believe that whatever you are saying is actually happening as you speak.

### **Design A Dynamic Affirmation Exercise**

While it is best to focus on one aspect of your life at a time, you can still design your daily affirmation exercise in a dynamic manner. You can do this by writing positive self-suggestions on separate index cards. For each day of the month, you can take one card at a day and recite what it has to say. This card will serve as your affirmation for the day so you can start again as soon as you get to the last card. You can also make this affirmation process grow by writing thirty different affirmations that you can use for each month of the year.

Keep all the cards in a box and use them year after year. Once you get bored of the self-suggestions you are using, you can also begin including new affirmations as you need them. Remember, a positive affirmation is essential to the use of the Law of Attraction. Do not hesitate to use any tool that helps you remember your daily affirmation. They might not be capable of addressing the areas of your life all at once but they can still give you the results you want if you have enough patience and determination to use them regularly.

# **Chapter 4**

## **Magnifying the Power of Daily Affirmations**



Image: FreeDigitalPhotos.net

The use of daily affirmations is all about saying positive statements about your life on a daily basis. It also aims to use the energy of your intentions to bring truth to every affirming statement you can think of. Once you have affirmed your desires on a daily basis, you can finally begin re-programming your brain and creating a positive and better way of thinking. Since you were a child, you have always allowed certain circumstances in your life to create the way you feel and think. Whenever you experience negative feelings, your daily way of thinking becomes negative and hinders the road to personal success.

However, not all of your thoughts are negative in nature. But some of these negative beliefs are stronger so they tend to overpower the effect of pleasant, positive thoughts. While you may try thinking differently, it can be really hard to change the way you think without some help. All of these negative thoughts can also heighten your stress levels. The more you pay attention to them, the harder it will be for you to replace them with positive and constructive inner truths.

### **Understanding The Power Of Intention**

When you combine the power of confident intentions with positive affirmations, you can experience greater chances of succeeding in reversing your negative way of thinking. This technique will also allow you to bypass your stubborn conscious mind and tap the potential of your subconscious



mind. For any daily affirmation exercise to be effective, you have to consider using a plan of action that makes use of your strongest intentions. Once you have become comfortable with constantly affirming yourself that the thing you desire already exists, the entire process will move along more quickly.

To reap the rewards of positive affirmations, you have to keep them in your mind on a daily basis. With their help, you can reverse the negative thoughts running through your mind since you were a child. Positive statements are very powerful – the more frequently you use them, the better their results would be. Aside from helping you change every aspect of your life, they are also excellent stress relievers. They can make you feel better about yourself, thus making you feel contented with whatever you already have. An attitude of gratitude combined with daily affirmations and confident intentions will slowly move you towards the direction of your dreams.

Another necessary step that you need to take when amplifying the power of affirmation is to add in a feeling of gratitude. Once you have become thankful for what you already have, you can experience spiritual advancement and allow your life to progress to a whole new level. Some experts also recommend the use of cetin crystals to boost the effects of affirming statements. Quartz crystals are known to have the ability to amplify the power of self-suggestions. Rose quartz and Herkimer diamonds are both useful for this purpose. They can amplify your thoughts and help you receive divine inspiration that will affect your future actions.

### **Boosting The Power Of Affirmations**

You can also use additional techniques to complement the power of affirmations. If you really want to make your affirmations work, these advanced techniques will be of great help. The first one refers to mirror work, in which you stand in front of the mirror while reciting affirming words. Come to think of it, most of the important messages you receive were from people who looked you straight in the eye. Stand in front of the mirror, look at your reflection with intention, and state your affirmation with conviction to magnify the importance of the message you wish to send to yourself.



Another great step that you can take when supercharging affirmations is to say it with passion and conviction. The more intense your emotional state is when you recite them, the more effective they will be. If you want to do something interesting with your affirmations, you can also try singing or chanting them. The mind easily accepts words of affirmation when they are either sung or chanted. If you have ever attended a workshop that makes use of positive affirmations, you have probably noticed how well this technique works. You can also download some of these songs or chants online.

One of the best ways to keep affirmations at the very forefront of your mind is to jot them down. Leave them in cards or notes and put them in a place that you will notice throughout the day. If you have always been a visual learner, you can also try writing affirmations on a piece of paper over and over again. Once you have written them down at least ten times, it will become imprinted on your mind and embedded deeply into your subconscious. You can also read them aloud every time you have a few moments to spare before or after hours of backbreaking work.

Subliminal affirmations are also ideal for those who wish to bypass their conscious mind and break through the barrier it creates. You can do this by transmitting affirmations to your brain in a subliminal way. A number of self-help CDs are already available for those who wish to listen to subliminal affirmations. You can also try the affirmation bath, a powerful technique that requires you to sit with a person who makes positive statements about you. It can be a very empowering experience as multiple voices from different directions overpower the ability of your conscious mind to resist whatever words you are hearing.

### **Design Your Own Vision Board**

Visualization is a technique that involves the need to find a quiet room, think of positive emotions, and enjoy a truly happy state. Only then can you start to visualize what you want to create. You will also start to feel it and see it as if it has already happened. Vision or goal boards are probably the most powerful tools you can use for this technique. A vision board acts as a pin board or a very large card that contains pictures of your designs and dreams. It needs to be fun, eye-catching, and specific.

For example, you can visualize your dream house by taking photos of a property you admire and posting them on your own vision board. If you want a new car, you should try to visualize what make and model you want to have. Take pictures of them and post them along with your dream house on your vision board. Remember, creating your own vision board is quite simple. You can easily do one by putting together a ton of magazine photos, online pictures, and motivational words that can keep you driving towards your long-term goals.

After designing your vision board and putting together pictures of things you fancy most, you can already look at it as often as you want. See every element of your goal board with focused intent and use this as your driving power when reciting your daily affirmations. Soon enough, you will be surprised as all the things in your vision board start showing up in your life. As long as you stay positive and focus your intention on earning them, you can slowly break through that ball of negative energy and turn your biggest dreams into reality.

### **Use Word Or Image Visualizations**

Vision boards are not the only means of visualizing your life goals. You can also try using certain words and images. You can start by thinking of a single word that describes your ability and the things you want to accomplish in the future. Jot them down on an index card. After getting into a deep, relaxed state, you should focus your eyes on that word. Hold that joyful thought for at least twenty minutes. Do the same exercise every night for at least two weeks. This technique burns the image of that goal word into your mind, embeds it deeply into your thoughts, and manifests itself in your actions.

On the other hand, image visualization will require you to find a clear image of a person or object that embodies the things you wish to accomplish as well as your main goal. Once you reach a deep, relaxed state, you can start looking at the picture or imagine yourself reaching your goal. Do this simple exercise for at least ten minutes daily for the entire month. Collect pictures that simulate your goal and put them in places where you can regularly see them. Keep that image etched into your mind until you have finally achieved your goal or the object you desire most.

## **Visualize Specific Scenarios**

You can also strengthen the effect of self-suggestions with the use of scenario visualizations. After identifying your goals, you can start imagining a full-color movie of how your life will be once you have achieved everything you desire most. Get a tape recorder and talk about the whole movie you envisioned on tape. Use descriptive, uplifting, and positive words when describing the images you saw. Use your imagination to the fullest when describing how you will handle the amazing change resulting from all the goals you attained. For added detail, try to describe how significant people in your life will successfully cope with your transformation.

Save the tape you recorded for future references. Write a short description of how things will be once you have reached your goals. Keep it for future reference. Every time you are in a relaxed state, preferably before you go to bed, you should listen to the tape you recorded and read the description of the scenario you have in mind. Do the same exercise every day for at least two weeks. As time goes on, you can refer to your voice recording as well as the script you wrote in order to find out if you managed to attain your goals.

# **Chapter 5**

## **Change Your Life with Powerful Affirmations**



Image: FreeDigitalPhotos.net

Affirmations work well because they are the natural language or code used when your brain does its business. Self-talk, which serves as the traffic of your brain, actually starts out as a form of external affirmation. All of these affirmations are either given to you by others or created by you. Eventually, you will unconsciously repeat these statements to yourself on a daily basis. As you form new affirmations and introduce them to your subconscious mind, your conscious mind rejects or accepts it based on whether or not they complement what is already on your mind.

Every time you read or hear something that fits your word view, your brain will immediately absorb it and turn it into a new set of inner truths. Of course, things that do not fit with your cognitive map of how things are will be quickly rejected. However, this entire cognitive process actually goes beyond the surface. Everything happens in the subconscious. While it may not be capable of identifying reality from fiction, it is still the only part of your brain that remains extremely busy all day long. Things get interesting when you try introducing affirmations that does not fit your current paradigm.

The reason why affirmations work is that they are highly effective when they finally come into play. The subconscious mind does not discriminate thoughts – it is actually a part of your heart and soul. It tends to accept whatever the conscious mind feeds it. Once you have convinced your conscious mind with a strong intention to change your core beliefs, your subconscious mind merely accepts such changes without a fight. It also controls all the things you do without thinking about. Hence, affirmations

can tap your subconscious mind and lead you to do things you never thought possible.

No matter how often you keep telling yourself the affirming words you came up with, things will not really change until you come up with self-suggestions that work best for you. Whether you want to accomplish more in your life or you just need to adopt a healthier lifestyle, the right set of affirmations will never fail to serve your purpose. Here is an amazing list of 100 affirmations that can change the way you think about success, wealth, motivation, self-esteem, health, and even your relationship with other people.

### **Personal Affirmations For Radical Success**

As you have learned from the previous chapters of this book, personal affirmations can take you wherever you want to go. You will never need to sit on the sidelines and wish you could be someone else. This list of simple affirmations will serve as your secret weapon once you decide to hit the road to success. They will chip away those self-limiting beliefs by conditioning your mind to attain your lifelong goals. You can plant these rocket packs in your mind and let you blast past everyone you meet during your journey to success.

“At every turn I make, a great opportunity always appears before me.”

“I am at peace – everything I need in my life is right before me.”

“From this day on, I am completely in charge of my life.”

“I can always handle setbacks as friends.”

“I feel proud for changing my limiting beliefs and world views.”

“I am successful, happy, and contented with what I have.”

“I am inspired and I have all the power to do every task I need to finish today.”

“I strongly believe in myself and my competence in achieving great results.”

“I deserve to be successful, happy, and prosperous.”

“I readily embrace whatever good change comes my way.”

“Today I feast on positive ideas and fast from negative thinking.”

“I have the power to do the most incredible things.”

“I embrace the now while moving forward with enthusiasm.”

“I let go of the past and move out of the future to live in the now.”

“My life offers infinite possibilities for success.”

“My mind possesses unlimited power.”

“From this day forward, I conform to my highest ideals.”

“The universe provides me with everything I want and need.”

“Today I start a new habit – the habit of excitement, joy, and enthusiasm in all things I do.”

When using any of these affirmations, you have to remember to say or write them at least forty times daily for no less than forty days. It takes your unconscious mind 40 days to process whatever it is that you dream and desire. Once these thoughts are embedded in your subconscious mind, the conscious mind starts processing them as automatic behavior. Remember, affirmations are no different from doing any repetitive exercise to learn or change a certain set of behaviors.

### **Strong Affirmations For Attracting Wealth**

Below is a great collection of effective affirmations that can help you attract money and other important forms of abundance into your life. Remember that all of these self-suggestions will work better once you have learned tuning in to the feelings of whatever thought you are trying to focus on. Be sure to recite each and every word with conviction and confidence. At first, reading them out loud might seem uncomfortable. As you go along your

daily affirmation exercise, you will also start feeling the essence of your intent.

“I feel good about money so money will come.”

“Today I enjoy great financial freedom.”

“I deserve to have abundance and plenty of money.”

“I feel my abundance growing daily.”

“Promising financial resources are lining up to me.”

“I release all my doubts and fears about money.”

“Starting now, I choose faith over worrying about financial problems.”

“Money always comes at a perfect timing.”

“I feel perfectly comfortable about having a large sum of money.”

“My inner guidance always leads me towards abundance.”

“I am extremely grateful for my ability to manifest money.”

“Money comes to me in unexpected ways.”

“Money flows to me with great ease.”

“Today is a perfectly joyful and abundant day.”

“I am ready to let go and let money flow.”

“The universe always delivers everything I ask for.”

“The universe gives me everything I want and need.”

All of these self-suggestions were carefully created according to the basic guidelines for creating strong affirmations. As long as you believe in their power to change the way you feel and the way you respond to certain events



in your life, you will be surprised with the amazing results they can bring. Instead of reciting them for just a week or two, you have to incorporate them into your daily routine to create a new set of solid thought habits.

### **Effective Affirmations For Self-Esteem**

You will never succeed in life without high self-esteem. It is something that makes you feel good about yourself and leads you to accept who you are. People with high self-esteem emerge successful in any field. While everyone has high self-esteem during their childhood, they are eventually bombarded with negativism as they grow up. Even the most loving parents can unconsciously make their own children feel bad about themselves. If certain events in your life have damaged your self-esteem, you can use any of these powerful affirmations.

“I feel great about myself and I love myself for who I am.”

“Today, I shower myself with unconditional love.”

“I radiate respect and love so I get love and respect in return.”

“I am intelligent, creative, and cultured but I am still a humble person.”

“I have the freedom to make my own decisions in life.”

“I am a special person who deserves love and respect from others.”

“My high self-esteem enables me to accept compliments with ease and compliment others in return.”

“It does not matter what other people say. What matters most is how I react to what they say and what I believe.”

“I deserve everything good that happens in my life. I release the need for suffering and misery.”

“From this day forward, I release the need to prove myself to anyone else.”

“I always get the support I need. The universe is with me at every step I take.”

“I feel grateful for having a wonderful life.”

“Today, the door opens for many opportunities that universe has in store for me.”

“My mind is full of prosperous, loving, and positive thoughts that manifest themselves in my life experiences.”

“I release the past and live in the present. I get to enjoy every good thing that comes and experience life to the fullest.”

“I am a beautiful, talented, and capable person.”

“I believe in myself and my ability to excel in everything I do.”

The difference between high and low self-esteem lies in the difference between success and failure as well as happiness and misery. Once you have become capable of loving yourself and accepting yourself for who you are, you can experience positive changes in your life. If you are incapable of respecting yourself, you have no right to expect others to do so. There is no surprise as to why great self-esteem holds the key to a better life.

### **Powerful Affirmations For Better Health**

Positive health affirmations refer to strong statements that you can use to control your own destiny. Self-suggestions were once thought to be powerful statements that you can repeat to yourself over and over again to alter your thought patterns. However, your way of thinking includes a lot of elements. It is therefore safe to assume that anything that can affect your mind or thought processes in a positive way can be treated as positive affirmations. Here is a list of affirmations that can improve your physical, mental, and emotional wellbeing.

“I have the choice and the power to change my habits.”

“I seek excellence and commit to excellence in everything I do.”

“I am losing weight as I make the right food choices.”

“I am committed to eating healthy, exercising regularly, and losing weight permanently.”

“I am committed to quitting smoking and living a healthier life.”

“I am strong, healthy, and full of energy.”

“I use positive affirmations to nourish my mind, body, and soul.”

“I am in charge of my health and wellness.”

“I feel all the energy I need to do all the daily tasks at hand.”

“I have abundant vitality and energy.”

“I have the determination and courage to change my bad habits.”

“I take care of my body as it takes care of me.”

“I always get a good night’s sleep.”

“I love my inner child so I am always in tune with it.”

“I enjoy the effects of having good health today.”

“I am always my own best friend.”

“I take the time to enjoy all the beautiful things in my life.”

Negative feelings have always been associated with feeling tired and sick. In fact, health experts suggest that negative energy and bad thoughts may cause poor health. Whether poor health or negative energy comes first, a healthy mind that is free from negative thoughts will always help you in whatever situation your body finds itself in. Whether you are suffering from a minor or chronic illness, positive health affirmations can help you cope with its symptoms with greater ease.

## **Affirmations For Building Long-Lasting Relationships**

Relationship affirmations are only one of the most powerful ways to shape the future of your relationship with other people. You can also use them to complement the creative visualizations you use to strengthen the foundation of your relationships. These affirming statements will allow you to describe your desired outcomes and put you in a frame of mind that renders your goals possible and achievable. Here are some of the best affirmations that you can use when building strong relationships and healing the wounds it may cause you.

“I love and accept myself for who I am. I love others fully so they love and respect me in return.”

“All my relationships are healthy, harmonious, and loving.”

“I deserve love, respect, and genuine happiness in life.”

“I only attract uplifting and loving people into my life.”

“All my friends are equally supportive and loving.”

“Everyone I meet appreciates me for being such a wonderful person.”

“I release things that happened in the past. I forgive everyone who deserves my forgiveness and I forgive myself for all the mistakes I have done.”

“I easily make friends wherever I go.”

“I desire and deserve love so I give my partner love.”

“The universe transforms my marriage into an intimate and joyous union.”

“I draw romance and love into my life and I accept it now.”

“I release the seemingly desperate need for love. I allow love to find me naturally and effortlessly.”

“I was born to love myself and share that wondrous feeling to everyone around me.”

“I rejoice in all the love I encounter every day.”

“People treat me well so I am safe in all relationships.”

“I am surrounded by people I love. All is well.”

“I am ready to commit to a fulfilling and happy relationship.”

No matter how bad your relationships with other people might get, you can never heal the wounds it caused by dwelling on how awful it was. Love affirmations can heal those wounds by washing away those negative thoughts and creating a new thinking pattern that produces feasible solutions. When you are in a relationship, you also interact with your partner on an energetic level. This means that you have to affirm that positive energy based on compassion and undying love.

### **Affirmations To Keep You Driven And Motivated**

Motivation is perhaps the most important ingredient in achieving personal success. It fires up the action necessary to reach a certain goal. Without it, you may start with a bang and end things in a whimper. Motivational affirmations will provide you with the strength and inspiration you need to complete any task you might undertake. This list of self-suggestions and affirming statements will serve as the fuel for the action you need to achieve whatever you desire in life. If you repeat them regularly, you will constantly feel the urge to do the tasks at hand without any prompting.

“As long as my intentions are clear, the universe cooperates with me and allows me to accomplish anything I want.”

“I only think of positive things so I expect positive changes to happen in my life.”

“I am a determined go-getter and I will not stop at anything as I try reaching my life goals.”

“Success is in my blood so I always emerge successful in everything I do.”

“Motivation comes to me easily so I can inspire others as well.”

“The doors towards great opportunities are always open. I have the power to take advantage of them without fail.”

“I enjoy big challenges. I win over them by taking them head on.”

“I am my own best friend. I am my own motivator.”

“The only option I have is success. I forge ahead and succeed in all my endeavors.”

“My goals are my motivation. I see nothing but them until I finally reach them one by one.”

“I know my worth. I deserve abundance and success so I expect to get it.”

“I get better and better every day.”

“I have unlimited energy, creativity, and inspiration.”

“I feel motivated as I move forward to the direction of my biggest dreams.”

“I attract people who keep me motivated and help me reach all my goals.”

“My life is full of motivation and purpose. I have unlimited energy so I easily feel motivated.”

As with other forms of self-suggestion, motivational affirmations are also very easy to prepare. All you need to do is to think about the task at hand and to replace your negative thoughts with positive ones. Once you have come up with affirming statements, you can easily keep yourself motivated as you walk towards the direction of your lifelong goals. Just remember to recite them daily so that you can constantly fuel your personal motivation with great ease.