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# See the source imageAffirmations

**Affirmations** are positive statements we repeat to ourselves to encourage us into action or a different state of mind.

An affirmation opens the door. It’s a beginning point on the path to change.

Every thought you think and every word you speak is an affirmation. All of our self-talk, our internal dialogue, is a stream of affirmations. You’re using affirmations every moment whether you know it or not. You’re affirming and creating your life experiences with every word and thought, so its important to ensure your affirmations are positive.

Most of our beliefs are merely habitual thinking patterns that we learned as a child. Many of them work very well but other beliefs may be limiting your ability to create the very things you say you want. What you want and what you believe you deserve may be very different. You need to pay attention to your thoughts so that you can begin to eliminate the ones creating experiences you do *not*want in your life.

Affirmations are nothing new they have been used for many centuries in the form of matras and prayers. Even new year’s resolutions are a form of affirmation.

But today we are going to look at personalising affirmations for you. The wonderful thing about affirmations is they are so easy to do. Not everyone wants to close their eyes and spend time visualising how they want to think and behave and in fact don’t find visualising easy anyway, so affirmations are a great quick way to get your mind know where you want it to be. Affirmations are used a lot in coaching and in sports performance where mindset is absolutely key to reaching goals.

**How to Create Positive Affirmations**

* Start with the words “I am.” These are the two most powerful words in the English language.
* Use the present tense.
* State it in the positive. ...
* Keep it brief.
* Make it specific.
* Include an action word ending with –ing.
* Include at least one dynamic emotion or feeling word.
* Make affirmations for yourself, not others.

They must be positive, feel good, emotional statements or they could be related to specific goals. I am going to meet my life partner, I am getting fitter.

Don’t get caught up in how it is going to happen. Our mind is so powerful and the more we tell ourselves our goals the more we are able to sieze every opportunity to make them happens. It’s a bit like when we are looking to buy a new car. Have you ever found that you have never really noticed that type of car before, but after considering buying one, you see them everhwere. Well they didn’t just appear, why didn’t you notice them before.

They can also be statements to help appreciate you and your life. Think about the things you like about yourself and the things that you are already grateful for. Include some of these in your affirmations as well.

So often we forget to give ourselves credit for the things that we like about ourselves, so when writing affirmations, feel free to describe some of the things that you already appreciate about yourself and your life. By doing so you will reinforce your positive feelings about who you are today, and you will be more open to accepting affirmations that describe who you would like to become.

I am good at my job

I am attractive

I am on the path to

I am overcoming my …

I am calm and relaxed

I am pleased to me in control

I am copying really well at the moment.

I am going to be

You might find IAM is to big a leap for you. So you might find “I AM fit and healthy just doesn’t feel right” So you could change I am to I Choose, e.g. I choose to eat healthily today.

So I want you to right down 3 affirmations now. Either beginning I am or I choose to …

So you’ve got your affirmatinos, but when you do use them. Well whenever it suits to you. I would say as a minimum when you get up in the moring, before getting out of bed, it really sets you on the right path for the day and at bed time so they sink deep into your mind. The more you say them the more you will notice they affect your thinking, feeling and behaviour.