

Write Your Personal Affirmations for 2018

What Is An Affirmation?

- *Affirmation* is a declaration that something is true
- Self-talk or inner dialogue
- A reflection of our inner truth or beliefs—True or False
- An affirmation is a carefully formatted statement that should be repeated to one's self and written down frequently.

Applying Affirmations

- You can use "**Positive Affirmations**", which are usually **short positive statements** targeted at a **specific** subconscious set of beliefs, to challenge and undermine **negative beliefs** and to **replace** them with **positive self-nurturing** beliefs.
- It is a kind of "**brainwashing**" only you get to choose which **negative beliefs** to wash away.

Why Affirmations Work

- Reprogramming the subconscious
- The mind is instinctively responds to something it believes to be true
- Continually repeating affirmations with conviction and passion will chip away at even the strongest resistance.
- 7 Days to form a habit and complete transformation in 2 years!

Writing Affirmations

- For an affirmation to be effective, it needs to be...
 - Present tense, Positive, Personal, and Specific.

How to create your own affirmations

- Start by taking some time to think about areas in your life you would like to improve and how you might want your life to be.
- Write the most important ones down in a list.
- Now look at each item on the list and write out a few positive statements for each. They must be positive and in the present tense, focus on what you **do** want, **not** on what you don't want.
- Creating your own affirmations is the perfect way to get the right affirmations for you.

The New You

Because affirmations reprogram **your thought patterns**, they change the way you think and feel about things, and because you have **replaced dysfunctional beliefs** with your own new positive beliefs, **positive change comes easily and naturally**.

Reference: www.ettc-cs.com (Getting Started Tab – Section 2: Set Your Vision