

Helping you get from where you are now
to where you want to be.

Using Positive Affirmations to Achieve Success

Using daily positive affirmations is an excellent way of programming your mind to focus on what you want to achieve. Sometimes called 'self-talk', positive affirmations can be very powerful and effective.

Of course, self-talk can be either positive or negative and everything you think about yourself and every word you say to yourself is actually either a positive or a negative affirmation of how you see yourself. It doesn't matter whether you do or don't believe them to be true, your subconscious mind doesn't question what you say or think about yourself - it simply accepts it as 'true'. And this is an important point to remember: *your subconscious doesn't differentiate between positive and negative self-talk*. This is how negative thoughts can easily become self-fulfilling 'false truths' and why positive affirmations are used by successful people the world over.

One way you can create effective positive affirmation statements is to use the following seven golden guidelines:

- 1 Always use the present tense.
- 2 Begin your affirmation statements with the words "I am".
- 3 Follow this with a positive description of what you want to be - making sure you affirm what you want rather than what you don't want.
- 4 Include at least one positive emotion or feeling word.
- 5 Ensure that your affirmation statements are specific and unambiguous.
- 6 When appropriate, include a dynamic action word (eg one ending in 'ing').
- 7 Make sure your affirmations describe what you personally want, not what other people want for you.

Two examples of positive affirmations written this way are: "I am full of confidence and enjoy overcoming everything life throws at me" and "I enjoy exercising daily and keeping my body vibrant and healthy". Finally, if you are able to add words such as 'or even better' or 'or even more' to the end of your affirmations you open up the possibility of achieving even more than your stated outcome.

Once you've created your affirmation statements, write them down on pieces of card or stiff paper. Every morning and every evening pick up the cards and read the words. Say each affirmation out loud and really listen to the words as you say them. Feel the card as you hold it and sense the power of the affirmation flowing from the card into your body. Then visualise the effects of your affirmation, feel the emotions they create and tell yourself that your affirmation is already true. It's also a good idea to write your affirmation statements down on Post-it notes as well and then stick them up in key places where you can read them throughout the day.

When first doing affirmations it is not unusual to become aware of negative thoughts or objections such as '*Who are you kidding?*' or '*That's not really true, is it?*'. If this happens just write the thoughts down on a piece of paper, screw it up and literally throw the negative thoughts away. Then close your eyes and replace the negative thoughts with the words "It's true, ..." followed by your positive affirmation statement.

Constantly filling your mind with positive images, sounds and feelings of what you want and picturing it as if it already exists will convince your subconscious that it really is true. And very soon it will be!

If you would like to know more about using positive affirmations or feel you need some help to make the most of this technique just [click here](#).