

The MIND FEED® Powerful Affirmations Guide

Congratulations! You are holding a special book. The MIND FEED® Powerful Affirmations book is a simple tool that can help you create the successful life you most desire.

MIND FEED® Powerful Affirmations work best when they are connected to you, your behaviors and your goals. Therefore, not all MIND FEED® Powerful Affirmations cards will speak or apply to you. Use the extra ring, covers and unused cards to create a second book to give away. Who can you think of that needs powerful affirmations in their life?

How Do MIND FEED® Powerful Affirmations Work?

Your mind believes everything you tell it. Feed it something good.

Most of us do a fair amount of thinking. Our minds are designed to think, and not all our thoughts are constructive. Have you ever tried to stop thinking about something? How did that work for you? Probably not very well, because we can't stop our minds from doing what they are designed to do. However, we can train our minds to embrace only the thoughts that serve us best.

MIND FEED® Powerful Affirmations are encouraging thoughts we read and repeat at every opportunity, until they become beliefs. Once the powerful affirmations are beliefs, your subconscious acts on them.

What we think about most often is what will penetrate our subconscious. By feeding our minds positive content, we force it into action. Your mind will look for and create situations that mirror the MIND FEED® Powerful Affirmations you've been consuming.

- **Change your thoughts, change your life.** MIND FEED® Powerful Affirmations are great tools when it comes to creating change. They lay the foundation for creating a situation and circumstance for achieving our goals.
- **Angry squirrels or negative chatter?** Most chatter, or thoughts we have, are usually negative. MIND FEED® Powerful Affirmations help eliminate negative thinking, therefore allowing us to replace the negative chatter with positive thoughts.
- **Can I use MIND FEED® Powerful Affirmations to help others?** Despite our best efforts, we can't use powerful affirmations to help or change another person's thoughts or behaviors. MIND FEED® Powerful Affirmations will not make someone like, love or do what we want. Furthermore, MIND FEED® Powerful Affirmations won't change something that has already happened; it's a mindset, not a time machine.
- **Improve relationships by improving yourself.** We can't use MIND FEED® Powerful Affirmations to make someone understand us better, listen or participate. We can, however, focus on our contribution to the relationship. Use MIND FEED® Powerful Affirmations to focus on your actions. For example, "I find ways to help my partner understand me," or "I find effective ways to communicate my wants and needs."

How to Use MIND FEED® Powerful Affirmations

You must train your mind to focus on what you want, and to use MIND FEED® Powerful Affirmations at every opportunity. Some simple ways to incorporate them include:

- Say them out loud every morning
- Write them out in long-hand daily
- Read over them before going to sleep
- Make a slide show with favorite MIND FEED® Powerful Affirmations
- Create a recording that you can listen to
- Create wall posters of your favorite MIND FEED® Powerful Affirmations
- Use MIND FEED® Powerful Affirmations as journal writing prompts
- Post them in highly visible places in your home, car or work space
- Use to reduce stress, anxiety and to sharpen focus and goals

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When you work with MIND FEED® Powerful Affirmations, you send a message to your subconscious mind. Your subconscious mind then guides you to take the right steps for your BEST results. Your mind emphasizes what is best for you and NOT what others think you should be doing.

The Right Way to Create Customized Powerful Affirmations

Use the MIND FEED® Powerful Affirmations blank inserts and create custom affirmations.

1. **Use the present tense:** i.e., “I am helpful and using my talents for good and generating an amazing income.”
2. **Keep it positive:** Instead of saying, “I will get stronger as I work out,” say “I’m incredibly strong and in my best shape!”
3. **Focus on the WANT and stay away from the problem:** NEVER say “I’m no longer weak...” Your brain hears the word WEAK. Instead say, “I’m strong, confident and powerful!”
4. **Include powerful emotions:** Vanilla is a good place to start, i.e., “I am strong,” but kick it up a notch. Get creative, expressive and stir your emotions, “I’m incredibly strong and in amazing shape!”
5. **Keep it short and memorable:** What good is a powerful affirmation if it’s so long you can’t remember it? Try to keep it under 10 words. “I embrace life with gusto and energy!”

Final thoughts

- **When you recite MIND FEED® Powerful Affirmations in your head,** you train your mind to stay and think positive. More importantly, the more you reduce negativity the easier it becomes to embrace new ways of thinking and living.
- **Sometimes MIND FEED® Powerful Affirmations may seem boring** and like they’re not having any impact. If this happens, you’re at a crossing point. It’s a sign that the powerful affirmations are penetrating your subconscious. You must continue saying your powerful affirmations; your subconscious is ready to act on them.
- **Track your results** and watch for improvements. Small improvements are positive signs.
- **Do you need to believe the MIND FEED® Powerful Affirmations?** No, you don’t need to believe the MIND FEED® Powerful Affirmations. In fact, some would argue that it’s better not to believe the powerful affirmations. When they manifest, it’s just further evidence to your mind that they do work.
- **Give your subconscious mind new instructions** to take the right actions to help you accomplish your goals. Say your MIND FEED® Powerful Affirmations every day and as often as you can. Use the MIND FEED® Powerful Affirmations that correspond to what you want.
- **MIND FEED® Powerful Affirmations will only work** if you use them and are in line with what you TRULY want to create.
- **Some MIND FEED® Powerful Affirmations take longer to have an impact.** Positive results depend on where you are and what you want to accomplish. For example, if you’re unemployed and want to be a millionaire or be making a large six figure income with your own office - it’s going to take some time. Get a job first! The millions can come, just not overnight.
- **MIND FEED® Powerful Affirmations are one of many tools for creating your best life.** Start using MIND FEED® Powerful Affirmations immediately! MIND FEED® Powerful Affirmations will help you create the changes you want and help you create positive thinking patterns. With the right MIND FEED® Powerful Affirmations, you can make your subconscious mind help you achieve the results you deserve.