

Positive Affirmations

- *As A man
Thinketh...So Is
He...Proverbs 3:27*



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.



“A positive mental attitude supported by affirmations will achieve success in anything.”

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 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!



The New You

- Because affirmations actually **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.**

Affirmation Topics

- **Mental**
- **Family**
- **Spiritual**
- **Social**
- **Professional**
- **Financial**
- **Physical**
- **Community Support**



Writing Affirmations

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



Creating Your Own Affirmations

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.



Example Affirmations

- **Affirmations for Abundance**

- I prosper wherever I turn and I know that I deserve prosperity of all kinds
- The more grateful I am, the more reasons I find to be grateful
- I pay my bills with love as I know abundance flows freely through me.

- **Affirmations for Love**

- I know that I deserve Love and accept it now
- I give out Love and it is returned to me multiplied
- I rejoice in the Love I encounter everyday

- **Affirmations for Romance**

- I have a wonderful partner and we are both happy and at peace
- I release any desperation and allow love to find me
- I attract only healthy relationships



Example Affirmations

- **Affirmations for Weight Loss**
- I am the perfect weight for me
- I choose to make positive healthy choices for myself
- I choose to exercise regularly

- **Affirmations for Self Esteem**
- When I believe in myself, so do others
- I express my needs and feelings
- I am my own unique self - special, creative and wonderful

- **Affirmations for Peace and Harmony**
- All my relationships are loving and harmonious
- I am at peace
- I trust in the process of life



Super-Charge Your Affirmations

Affirmation Mirror work

- State them whilst looking in the mirror. By looking yourself in the eye as you state your affirmation you magnify the importance of the message to yourself.

Written Affirmations

- Keep your affirmations at the forefront of your mind--write them down, leave notes or cards around so that you notice them throughout the day. Write your affirmation down many times (10-20), this helps imprint it on your mind.

Say Affirmations with Passion

- Say your affirmations with passion, the higher your emotional state as you say them, the more effective they are.

Sing or Chant Affirmations

- One of the most effective ways to use affirmations is to sing them! The mind is much more accepting of affirmation messages when they are sung.

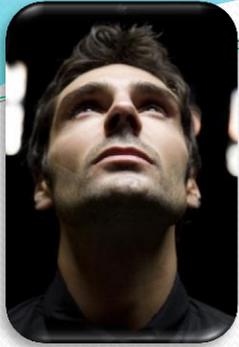
Subliminal Affirmations

- There are a number of techniques that attempt to by-pass the conscious mind and its resistance by transmitting the affirmations to you subliminally by CD.



What Do You Want?

- **Freedom** from financial worry and tool to WIN
- **Convenience** - more desirable use of my time
- Retirement **security** for my family & lifestyle
- Admiration from friends - **social status**
- **Self-improvement** and life long friends
- A vehicle to create **wealth** for my kids to inherit
- How about a **tax break**
- Max **perks and upgrades** for my travel dollars
- **Save & make money** when you shop and travel



The Right to Be Rich Begins With...

Visualizing Your Business

Form a clear mental picture of your successful YTB business, and hold this picture in your thoughts with fixed PURPOSE to get what you want, and unwavering FAITH that YOU DO get what you want...

Whatever the mind can conceive and believe—it can achieve! Change old PROGRAMMING!

Your Homework...

- Write Affirmations to create the incredible you!
 - Get thoughts from the Bible/Spiritual Books...
 - Favorite books...
 - Quotes...
 - Family traditions and standards
 - Biographies of great leaders
 - Prayer...
 - You Choose...the sky is the limit....

