



CREATE POWERFUL AFFIRMATIONS

- 1) **Write down your affirmation.**
- 2) **State it in the POSITIVE.**
 - a) The sub-conscious mind, the Universe, hears the meat of the statement. Some say, "The sub-conscious mind has no sense of humor." Therefore if you say, "I don't worry about money like I used to." what is heard is, "I worry about money."
 - b) To make a "money issue" a positive affirmation, you could say, "I have an abundance of money in my life." or "I prosper in every aspect of my life including financial."
 - c) Focus on what it is that you would like to create. What we focus on grows in our consciousness.
- 3) **Be succinct.** One issue to one affirmation. Sculpt it. This is the SEED, not the tree.
- 4) **State it in the PRESENT TENSE, the NOW!**
 - a) Example: Someone wants to be able to do public speaking. They may say, "I am an effective public speaker, NOW."
- 5) **Use Powerful adjectives in your statements.** The more emotional impact the words have for you, the stronger their impact on your actions.
 - a) For instance, compare your feelings about the following statement with those inspired by the previous statement, "I am a BRILLIANT, INSPIRING public speaker, NOW!"
- 6) **Your statement must be BELIEVABLE TO YOU.**
 - a) If you can not believe you are a BRILLIANT, INSPIRING speaker, for example. If your mind says "That's rubbish, yea right, Hah!" or something similar, restate your affirmation saying, "I am WILLING to be a Brilliant, Inspiring public speaker, now."
 - b) Be gentle with yourself. Start where you are NOW. If all you can really believe at this moment is that your are willing, or that you take the first step to being the person you would like to be, or your first step toward a goal that you would like to accomplish, that is where you must begin. How can you begin from somewhere that you are not? How can you take the train from Tampa to Orlando, if you are located in Miami?
- 7) **Look into your eyes IN THE MIRROR and make your statements of positive affirmation.** This is very powerful!
 - a) Something you can practice along with using the mirror is to have someone you love, trust and respect, say your affirmations to you while they are looking you in the eyes. You can do this for each other as partners. In this exercise you would say, with conviction, "You are a BRILLIANT, INSPIRING speaker, now!"

Enjoy, laugh, have fun with this life-play. Journal. Record daily the affirmations you are repeating in your mirror at least 3 times a day. Record any feelings and changes or discoveries in your life related to them. Later, when it seems life throws you a curve, you will read these for encouragement. Prove to yourself that when you actively practice saying and feeling your affirmations you get results. **WHAT WE FOCUS ON GROWS!**

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