

Power Of Affirmations

What are Affirmations and How do they Work?

- Convert the negatives into positives
- Affirmations are positive statements you repeat to yourself
- Affirmations are backed by science
- There are theories to support that they work
 - The self-identity theory
 - The adequate and competent theory
 - The self-integrity theory

Successfully Create your Affirmations

- Identify your weaknesses by asking yourself questions
- Look for commonalities in your weaknesses
- Rewrite the negatives into positives
- You must write your affirmations correctly
 - Write them in the present tense
 - Use the first person "I"
- Add emotions to your affirmations
 - Don't be vague
- Make your affirmations memorable
- Be mindful of pain

Examples of Life Affirmations

- Identify life areas where affirmations will help
- Prioritize your health
- Use wealth affirmations
- Use self-esteem affirmations
- Use relationship affirmations
- Use the examples for inspiration only

Best Daily uses of your Affirmations

- Choose the best time for you
- Use a journal
- Schedule your affirmations
- Use affirmations whenever you need them
- Read your affirmations more than once
- Read your affirmations in front of the mirror
- Write out your affirmations

Affirmations Best Practices

- Understand affirmations and how they work
- Know the benefits of affirmations
- Create your affirmations properly
- Use affirmations to achieve your goals
- Create affirmations for important life areas
- Avoid common mistakes with affirmations
- Use your affirmations in the best way for you
- Reinforce your affirmations

The Benefits of Positive Affirmations

- You talk to yourself anyway
- You are a product of your thoughts
- Affirmations help with thought control
- Affirmations will motivate you
- They will make your inner voice support you
- Affirmations improve your outlook on life
- They will help you develop a state of gratitude
- Affirmations will lower your stress levels
- They will help to provide mental clarity
- They will increase your self-confidence
- Use affirmations whenever you need them

Define the Purpose in your Life

- Use your affirmations to support your goals
- Identify what you want in life
- Assess how badly you want these things
- Create goals around the things you really want
- Use the SMART goal setting process
- Identify what will stop you achieving your goals
- Create affirmations to overcome these

Avoid Common Affirmations Mistakes

- Don't use affirmations for the sake of it
- Ensure you want your affirmations to work
- Don't take on too much at once
- Don't let your affirmations feel like a lie
- Read your affirmations more than once a day
- Associate actions with your affirmations

Reinforcing your Affirmations

- Use visualization for all of your affirmations
- Place your affirmations where you will see them
- Record your affirmations in an MP3 file
- Keep your affirmations with you at all times
- Use your journal
- Review your affirmations regularly



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