

## Affirmations

**A Definition:** Telling yourself something good about yourself, whether you believe it or not, and sometimes in spite of evidence to the contrary.

**A Rationale:** Put simply, your brain doesn't know the difference between "a truth" and "a lie." It will "believe" whatever you tell it often enough and with enthusiasm. More appropriately, your conscious mind can program your subconscious mind; and your experience cannot be different than what you truly believe at the subconscious level.

### Before You Begin

Decide what area of your life you want to work on and then decide what you want. There are several important points to know about affirmations:

- **Use the present or past tense.** Do not use the future tense. You want your mind to know it has already happened.
- **Be POSITIVE.** Use the most positive terms you can. Never use negatives in affirmations
- **Write them.** As you are learning to do affirmations, write them down so you will remember exactly what you want to say. Keep them short and very specific. Personalize them with your name.
- **Believe.** Always believe that what you are saying is happening. The more you believe, the stronger the affirmation.
- **Repetition.** Being repetitive and persistent helps to set them in your head and in your unconscious being.
- **Time.** Always have a specific time daily set aside for your meditations, affirmations and visualizations. This will help set a pattern for you so you will do them daily.

### *Suggested places for affirmation cards:*

mirror in bathroom	dashboard of car	at your telephone
mirror on dresser	desk at office	bedroom door
closet door	desk at home	in books used at work/school
refrigerator door	in your wallet	
front door	in your brief case/backpack	

### *Affirmation word examples:*

bright	capable	creative	strong
intelligent	beautiful	smart	giving
quick	peaceful	loving	hopeful
caring	responsible	successful	problem solver
calm	quiet	pretty	handsome
relaxed	enjoyable		

Some samples:

- I am at peace with the Universe
- I love and accept myself.
- I am safe and always feel protected.
- I acknowledge all of my feelings because I am in touch with my feelings.
- I am surrounded with loving, caring people in my life.
- I trust my inner being to lead me in the right path.
- I do all I can every day to make a loving environment for all those around me, including myself.
- My inner vision is always clear and focused.

Connie's favorite: I don't have to be perfect to be wonderful.

## **Affirmations for Health**

- I have the power to improve my health.
- I am in charge of my health and wellness.
- I have abundant energy, vitality and well-being.
- I am healthy in all aspects of my being.
- I do not fear being unhealthy because I know that I control my own body.
- I am always able to maintain my ideal weight.
- I am filled with energy to do all the daily activities in my life.
- My mind is at peace.
- I love and care for my body and it cares for me.
- I will sleep easily tonight.

## **Affirmations for Peace and Harmony in your Life**

- I am at peace with myself.
- I am always in harmony with the Universe.
- I am filled with the Love of the Universal Divine Truth.
- I am at peace with all those around me.
- I have provided a harmonious place for myself and those I love
- The more honest I am with those around me, the more love is returned to me.
- I express anger in appropriate ways so that peace and harmony are balanced at all times.
- I am at one with the inner child in me.

## **Affirmations for My Spirituality**

- I am free to be myself.
- I am a forgiving and loving person.
- I am responsible for my own Spiritual Growth.
- My strength comes from forgiveness of those who hurt me.
- I am worthy of love.
- The more I love, the more that love is returned to me.
- I nurture my inner child, love her and have allowed her to heal.
- I am responsible for my life and always maintain the power I need to be positive and have joy.

## **General Affirmations**

I am competent	I am energetic	I deserve to love and to be loved.
I am strong	I am enthusiastic	I have solved problems like this before.
I am intelligent	I am relaxed	I have the ability to handle this.
I am beautiful	I am joyful	I am responsible only for my own feelings.
I am a good person	I am trusting	I deserve to have my rights recognized.
I am caring	I am generous	I am a deserving human being.
I am loving	I am courageous	I deserve to enjoy the fruits of my labor.
I am smart	I am forgiving	I grow in love daily.
I am creative	I am open	I can handle all changes that come my way.
I am talented	I am sharing	
I can lose weight	I can grow	
I can stop smoking	I am healing	
I can handle my children	I am letting go of guilt	
I am letting go of fear	I am honest with my feelings	
I am changing	I am letting go of being compulsive	
I am positive	I am a problem solver	
I am laughing and having fun	I am assertive	
I like myself better each day.	I gain emotional strength each day.	