



## **Positive Affirmations**

If you carry out a behaviour enough times it becomes a habit. If you hear the same thing enough times you begin to believe it. If you do something enough times your subconscious brain takes over and does it on autopilot. Don't believe me?!? Then just think about the last time you learnt something new e.g. drive a car, ride a bike, play a musical instrument.

Reflect on how difficult it felt, how at times you thought you would never be able to do it, how frustrated or disheartened you felt, how overwhelming it was to remember the sequence and steps involved. However, the more you tried it, the more you repeated the activity, the more you practised, the easier it became, until you arrived at a point where you were able to do things on autopilot. You were able to drive that car from A to B without even remembering how you got there; ride a bike without having to worry about balancing and steering; play that instrument without having to look at your hands as you trust yourself to play it right.

This is when your subconscious brain has taken over and is running the "new" programme all by itself without you even having to worry about it.

Now imagine doing that with your thoughts. Imagine creating a new programme for your thinking habits and replacing any unhelpful or harmful thoughts with ones that are healthier, healing and nurturing for you.



Choose a statement from below, pick one that relates and resonates with you. Now do three things with this statement:

- (1) Repeat it to yourself daily, as much and as often as you can. Make it your mantra. As time goes on you will begin to live, feel, believe and experience the statement.
- (2) Write it down on a piece of card and place it where you will see or walk by it every single day. Some ideas of where you can place this card are, on the fridge door; in your purse / wallet; on your car dashboard; in the back of your phone; on your wall; inside your cupboard so that it's the first thing you see as you begin to get ready for the day.
- (3) Set a daily reminder for the morning and evening on your phone. As a reminder put in the positive statement so that every morning and every evening your positive statement pops up on your phone.

Some Statements You Can Use As Positive Affirmations:

- I love, accept and approve of myself.
- I am happy, healthy and content.
- I am strong.
- I am confident, capable and competent.
- I am a loving, caring and kind person, liked by those around me.
- I am calm and confident.
- I am a good and worthwhile person.
- I am good enough.
- I am enough.
- I am successful.



- I am important.
- I am deserving of good things.
- I am creating my own reality through the choices I make.
- I am in control of my decisions.
- I am in control of my feelings.
- I am in control of my life and consciously making choices that make me happier.
- I am making choices every day that take me closer to my goals.
- I am loved and accepted by those around me.
- I am financially successful and abundant.
- I am financially secure.
- I am emotionally, physically and mentally secure.
- I am safe and secure.
- I am achieving all the things that I want to achieve in my life.
- I am making things happen, nothing happens until I make it happen.

These are just some of the statements that you can use as positive affirmations for yourself to create a happier, healthier and stress-free life.

If you require help with creating a positive affirmation unique to you, your belief systems and aligned with your long-term vision then [get in touch](#).

I would love to help you create it!