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Affirmations



You've probably come across the motto that *thoughts create actions, actions become habits, and habits build character*. The saying stems from the fact that we engage in self-talk on a subconscious level. The things we say to ourselves are called "affirmations." They influence the way we think and feel about things and others, thus creating the reality of our everyday life.

Positive affirmations can work in your favor by boosting your self-esteem and helping you to achieve the positive outcomes you want, while negative ones are a reflection of limiting beliefs, some dating back to childhood, that might block you from achieving your goals. An example of a negative affirmation is, "I just can't win."

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It is easy to see how negative affirmations can undermine your success. That being so, you want to strive to develop positive affirmations; these are usually short, nurturing statements underlining positive beliefs. Regular repetition of such statements will lead to healthy thoughts and optimism, which will result in constructive communication and behavior.

Guidelines for positive affirmations:

Avoid negations (for instance, “I don’t want to be sad” is a negation and should rather be stated as “I am happy.”) Use the present tense and not the future tense (for instance, saying “I will be wealthy” means that you intend to be rich one day, whereas saying “I am rich now” will convince the subconscious mind that the reality is indisputable). Repeat them daily until they become a habitual way of thinking about yourself and life.

Examples of positive affirmations:

I truly love and accept myself.

I deserve to be happy and successful.

I am prosperous; I have whatever I need.

Healing and recovery are normal and natural processes.

I am in charge of my life; I can choose whatever outcome I want.

Affirmations represent a basic principle of Neuro-Linguistic Programming (NLP). Through the use of language, you’re able to ‘re-program’ negative thoughts and establish positive ones, thus changing your life by letting go of old beliefs which no longer serve you and adopting new ones that empower you to be the best you want to be.

Neuro-Linguistic Programming (NLP) was developed as a method for transforming human behavior.

Article By: Belinda Nicoll (Official Anon Source Writer)

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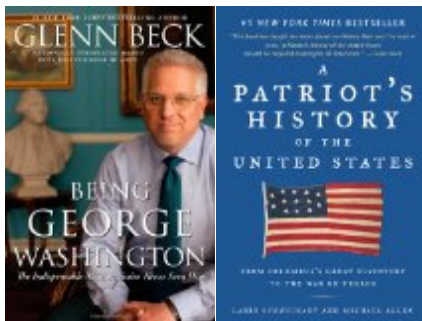
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