

Title:

The Beginners Guide To Affirmations!

Word Count:

1135

Summary:

Imagine what would happen if you approached someone and insulted them. ^I hate you! You're ugly

Keywords:

affirmations, happy, happiness, success, self help

Article Body:

Imagine what would happen if you approached someone and insulted them.

^I hate you! You're ugly! No one likes you! You're a really miserable person!~

Well, apart from receiving a slap on the face or punch on the nose, you're also quite likely to

What about saying something positive? Perhaps something like this:

^You are so beautiful. You're a really great person and a wonderful friend.~

Would you agree that this statement should produce a very different result? It will empower the

Let's change the scenario slightly. In this case consider how you would feel if someone else a

Words are incredibly powerful! There is no truth at all to the old saying, ^Sticks and stones

Let's change the scenario again. This time, imagine you're standing in front of a mirror and r

I know what you're thinking though. You wouldn't do that to yourself, would you? You wouldn't

Well, I've got news for you. Your subconscious mind is already exposing you to tens of thousand

Take notice of your thoughts for the next 24 hours. If you're like most people, you'll be quite

And that, my friends, is affirmations at work!

An affirmation is simply a statement which you of the repeat to yourself over and over again.

Whether you like it or not, you are currently using affirmations. Unfortunately though, you're

Years of negative thoughts have led you to have negative beliefs about yourself and your life.

So if you're not totally happy with your life, what can you do about it?

It's really quite simple. You need to take conscious control of your thought process, and repl

Conscious repetition of positive affirmations will in time lead to your subconscious mind also

And that's a wonderful way to live!

So using affirmations for personal growth and self-improvement is simply a matter of repeating

1. Make the affirmation positive! Say, ^I am happy!~ rather than ^I am no longer depressed!~ C

2. The affirmation must be in the present tense. Don't say, ^One day I will be happy!~ Instead

3. The affirmation must result in good feelings. The more intense the feelings, the faster you
I personally find that the easiest way to create affirmations is to first write down my current
For example if you wrote down ^I am feeling sad~, you could replace that with ^I am feeling ha
You would then repeat this as much as you could, until your subconscious believes it, and star
Try placing a copy on the wall beside your bathroom mirror, so you see it each morning and eve
Partner up with an affirmation buddy. Arrange that every time you see or speak to that person,
If you're serious about creating rapid change in your life, consider recording yourself saying
Commit to this for the next 90 days, and see the changes it makes in your life. I promise you
So, get started now. Create some positive happy affirmations for changing your life.

^I am a happy and cheerful person.~

^I attract joy into my life, all day long.~

^I am deserving of love, and I love myself unconditionally.~

^I accept my body as it is, with gratitude and love. I am a beautiful person.~

^I am a caring and compassionate person.~

^I attract only good people into my life, and build relationships based on mutual respect and

Whatever it is, go for it. Enjoy the process! It can be great fun.

Lance Beggs

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