

Affirmations Supplied by MoneyOnlineReview.Com

Affirmations

Like the motivational cards found on the website, affirmations can be written out on index cards or printed on card so that you can flip through them throughout the day. Be sure to review the MoneyOnlineReview.com book review on Creative Visualisation, *by Shakti Gawain* to get more information on affirmations. In order to create the most impact, follow these steps:

1. Make them Personal

Describe a specific quality that YOU want. For example, "I am always courageous in all situations".

2. Verify that they are Positive

Rather than stating what you don't want (I don't want to be a smoker or I want to quit smoking), state what you do want. For example, "Each and every day I am becoming healthier and healthier". If you focus on what you don't want, you'll keep getting it...what you focus on is what happens. For some strange reason, your brain won't register the *Don't* in *Don't Smoke*. It will simply register 'Smoke' and then you'll want to light up. If you think about being healthy, having strong lungs, smelling clean and feeling good, you'll have a better chance of knocking the habit. This applies to anything you might want to give up.

3. Create them in the Present Tense

Write your affirmations as if you already have the quality. Regardless to where you are now, write them in a way that states you are the person you want to become. For example, "No matter what I choose to do, I will always make a success out of it".

4. Add a bit of Feeling

The more you can associate with feeling the way you want to be, the easier you will transition into becoming the person you want to be.

5. Design the wording to cause Action and Excitement

There is a difference between, "My fitness level is expectable," and "My fitness level is amazing and I feel stronger and more toned each and every day." Make your affirmations JUMP out at you – they need to get you excited; otherwise, why bother?

6. Look at them every single day! Read them, feel them, focus on them...The more you read and feel your affirmations, the quicker you will become the person you want to be! Feel free to cut on the following affirmations or use them as a template to create your own.

Every day in every way I'm becoming more and more successful. There have never been so many opportunities and I'm going to achieve everything that I've ever dreamed about! It feels empowering, exciting and comforting knowing that I'm a success!

I am always and consistently confident in everything that I do. I'm proud of feeling good about myself and grateful for my healthy self esteem.

I am mentally, emotionally, and physically balanced and I feel great for it!

I'm wealthy beyond my wildest dreams and with this wealth allows me to feel free, alive and ready to take on any and every endeavour that comes my way. Yeah!