

# Affirmations

*by Carolyn Cahn*

Affirmations are helpful ways of thinking. They can be used for many emotions in order to improve your self-esteem, create positive energy, or to help you towards your goals.

By repeating your affirmations daily, or as often as possible, this positive self-talk helps your unconscious brain focus on the positive. It is always best to say them out loud. The more senses you use, the better.

There is no magic to writing an affirmation, but you can Google the word "Affirmation" to see what others have written on the same issue you want to address. But please make it your own. Make it a statement that resonates inside you, that feels right for you.

Remember that you are what you believe.

Imagine riding a bike with 2 hands on the steering wheel. Now imagine riding with only one hand on the steering wheel. Do you understand how much more difficult it is to steer the bike with only one hand? Some people can do that, but why not just use two hands?

You want your unconscious mind to help you in a positive way, so you need to give it positive messages.

If someone keeps saying "I am bad at computers," they are reinforcing this negative feeling, and the unconscious brain learns from this. And that negative speak makes it much more difficult to learn computers. In this example it would make your success in learning how to use a computer extremely difficult. Instead, you might say "I am learning how to use a computer" or "I like learning new ways to use my computer." And you need to repeat the affirmation daily and every time you are ready to face the computer.

Here are a few other examples of affirmations:

I am growing stronger and more positive.

I believe that I can accomplish this \_\_\_\_\_ (state your goal).

I am worthy of love.

I am choosing to be at peace no matter what I am faced with today.

I will face today with positive energy.

I am attracting money in my life so that I can be debt free

I share warmth and energy with those around me that need help

My life will be full when I have saved enough to \_\_\_\_\_ (set an achievable goal)

I can overcome obstacles to \_\_\_\_\_ (state your goal)

I choose to be in control of my reactions.