

An affirmation is the process of affirming something. It’s asserting that something exists or is true. When you nod to indicate something is right, that’s an affirmation. When you acknowledge that something is true, it’s an affirmation. But it’s more than just acknowledging that it’s true, it’s stating it with confidence and believing it.

Using affirmations is a powerful thing. It can be used to program or reprogram your mindset. When practiced deliberately and repeatedly it can strengthen the connection between your conscious and subconscious mind. If done correctly, it can change your life.

When practicing affirmations, it’s best to focus on just one or two at a time. Do this for several weeks. Once the thought is firmly planted in your mind, you can pick one or two more to focus on.

Using a journal can help solidify the affirmations in your mind. By writing the affirmations down while saying them out loud and with confidence, you are working two separate parts of the brain and therefore giving the affirmation twice the power.

To ensure you’re making the most of your affirmation journaling efforts:

* Write in your journal every day. Even if it’s only a few sentences, take a few minutes each morning or evening and write something about the affirmation you’re focusing on.
* Focus on the positive, rather the negative. Instead of saying “I can lose weight”, say “I can become healthier”
* Be sure to start each entry with “I” and use present tense. “I am strong”, “I can eat healthy foods” and “I will smoke fewer cigarettes today”.
* Speak the affirmation out loud and with confidence several times a day and before you go to bed. The more you say it, the faster it will take hold.
* If the affirmation is to broad or doesn’t quite match what you’re seeking, break it down. For example, if you are trying to affirm that you’re a happy person but you really don’t feel like you are, start with something smaller – I’m getting better at \_\_\_\_ which is making me happier.
* It’s okay to have broad affirmations. “I am in charge of my life” and “I choose to be happy right now” are great affirmations for anyone.
* Consider the negative thoughts, perceptions and actions you want to change. Think about the positive outcome of changing them. Prioritize these so you know which are the most urgent so you can work on those first.

The following pages can be printed as your first affirmation journal. It contains 10 prompts to get you started along with some quotes to keep you motivated. There is no right or wrong way to journal your affirmations. The repetitive practice while saying it with confidence and surety is where the power lies.

Enjoy.

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MaRhonda

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