



Affirmations

Extras for readers of

The Power of Time
by
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Another effective way of not only countering the effects of backtalk, but also reinforcing your conviction and fuelling your drive to succeed is through the use affirmations. This is a powerful tool for ridding yourself of sabotaging and restrictive mental patterns by replacing them with beneficial ones. Affirmations are positively phrased statements that are repeated verbally, mentally or in writing. I recommend writing an affirmation nine times with each hand, thereby stimulating both hemispheres of the brain.

Affirmations are generally formulated around a specific desire, blockage or pattern. If you struggle with chronic backtalk, counter with a statement that expresses its opposite. For example, "I could never speak in front of a group" might be countered with "I am confident and enjoy speaking to groups." If you are "tired of being poor" and believe you can never really make money, you never will. You need to change your way of thinking before your lifestyle will change. You might try an affirmation involving abundance, such as: "I accept abundance into my life." Repeat this statement mentally, or verbally, whenever the backtalk arises or while driving, going for a walk, doing mundane chores, working out. Keep a small notebook on your desk and write out your affirmation nine times with your right hand, nine times with your left, twice a day, every day. Repeat it upon waking in the morning and before going to sleep at night. Backtalk is a bad habit. Replace it with a positive, healthy habit.

Our character, basically, is a composite of our habits. "Sow a thought, reap an action; sow an action, reap a habit; sow a habit, reap a character; sow a character, reap a

destiny," the maxim goes.¹

When formulating an affirmation to counter a negative or counterproductive thought pattern or behaviour, remember to keep the statement concise, positive and dynamic. For example, "I don't want to be poor anymore" states your present condition, and will only serve to reinforce your situation. Keep in mind that the brain is a machine of sorts and takes what you put into it literally. Choose your words carefully. Avoid the use of negative words such as don't, can't or won't. Use active verbs, and use the present tense. "I have all the money I need to do everything I want" is more powerful and effective than "I want to have," or "I will have". This is a good example of the "Fake it til you make it" principle. With repetition, eventually you will begin to manifest what you want. An excellent source of affirmations and other very fun and effective tools, is Shakti Gawain's book, Creative Visualization.

Following is a sampling of affirmations used by some of my clients, designed around their specific needs:

- What I want comes easily to me.
- I have all the money I need to do everything I want.
- I am financially independent.
- I am debt free.
- I welcome abundance into my life.
- I always have everything I need.
- I release all negative and limiting beliefs.
- I release all feelings of guilt.
- I honour my commitments to myself.
- I welcome success into my life.
- I am focused and living my true life purpose.
- I am happy, healthy and full of energy.

¹ The 7 Habits of Highly Effective People, Stephen R. Covey, p. 46.

- Being myself attracts all that I need and desire into my life.
- My path lies clearly before me.
- I love myself as I am.
- I am who I am, and it benefits everybody.
- I express myself freely, and it feels wonderful!
- I speak clearly and I am understood.
- I am in a healthy, peaceful, loving relationship.

Affirmations can also be used to reinforce your desire to achieve a specific goal. Let's say you have a burning desire to become a successful fashion photographer. You can reinforce this desire by strengthening your conviction with the use of an affirmation such as "I am the hottest photographer in town." Or, suppose you are just starting to build your practice as a reflexologist, therapist or coach, and you have determined that your projected goal for the year is to reach ten clients a week. You would use the following affirmation: "I see ten clients a week." Repeat it while doing chores or running errands. Write it out in your notebook, nine times each hand, twice, even three times daily. You will be surprised at how quickly your practice builds. Of course, this assumes that you are doing what is required to build your business, networking, writing, speaking, etc. Sitting around watching television won't do it, no matter how often you repeat your affirmation. I know this sounds silly, but for some people, it needs to be said. Your actions reflect your desires. You do nothing, you get nothing. You do whatever it takes, you will get everything you want. Affirmations aren't magic, but they do work extremely well when used in conjunction with a solid plan.

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