

STRUCTURE FOR AFFIRMATIONS

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OVERVIEW & PURPOSE

We tell ourselves affirmations everyday. We just don't think about it. The labels you give yourself are responsible for how you feel and think. Use this guide to dictate how you want to feel and think about yourself.

PICKING THE WORDS

1. Get something to write with.
2. List out all the negative things about yourself.
3. Ask yourself for the opposite of the negatives and try to condense it down to one word. (example: I don't like the way I am scared to talk to others. Switch the word scare to a positive word like; love, confident, happy, good at, etc.)

HOW TO REWIRE YOUR BRAIN

1. Write these words down once a day.
2. Start with a low number (5) and take 30 seconds everyday to read and say to yourself. I am loving so I am good at talking to others.
3. Keep track of what you write in a journal and date the days.
4. Do this for 30 days at least. If you mess up, don't beat yourself up about it. Tell yourself, I am so happy and grateful that I write down my affirmations everyday and I know the truth of my affirmations now.

EXTRA TIPS

1. Get creative with your affirmations and say how you really feel in that moment.
2. Conceive, Believe and Achieve.
3. Start to say your affirmations to other people.
4. If someone says something negative to you, tell them or yourself that you don't accept it.

Examples:

I am so happy and grateful that God of the universe supports me in everything I do and everything always works out in my favor.

I am so happy and grateful now that _____ comes to me in increasing quantities through multiple sources on a continuous basis.

I am so happy and grateful now that my goal of _____ is being accomplished by me everyday. I can see this happening, I can feel the way I will feel, and I will embody the character that will achieve this goal everyday.

Remember, we do not attract what we want. We attract what we are being.