

CREATE YOUR POWER AFFIRMATIONS

"All that we are is the result of what we have thought. The mind is everything. What we think, we become." Buddha

An affirmation is anything you say or think. When used consistently and correctly, they can be a powerful tool to help you change your mindset, mood and self image. Every thought you think and word you speak is an affirmation. Your internal dialogue is a continual stream of affirmations. If you have habitually thought and spoken negative affirmations over your lifetime, then it is likely that these have become limiting beliefs programmed in your subconscious mind about yourself, your worth and your capabilities. The good news is that by consciously choosing to say and think thoughts that make you FEEL GOOD about yourself, you can reprogram your subconscious mind and self image. This will have a positive ripple effect in all areas of your life.

How Affirmations Work

- Repeating positive affirmations allows you to create and/or strengthen neural pathways in your brain, making positive thoughts more dominant and automatic than your former negative automatic thought patterns. If you "don't use it, you lose it", so with time the negative thinking patterns will weaken as your inner dialogue becomes more positive.
- Thinking and speaking positive thoughts produce higher vibrations in your physical body, such as the vibrations of happiness, joy and gratitude, which lead you to feel good!

Steps To Create & Use Power Affirmations

1. **Identify your negative self talk:** Write a list of the self-limiting and negative statements, judgments and beliefs your inner critic says about yourself.
2. **Create affirmations out of those beliefs:** Write new statements to counter those statements. (See sample scripts).
 - a. Start with the words "I am..."
 - b. Use the present tense
 - c. Affirm what you want (not what you don't want)
3. **Record affirmations:** Record yourself speaking the affirmations with enthusiasm and conviction. Say it like you mean it! (Tip: If you don't believe it about yourself,

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pretend you're talking to someone you love and believe these things to be true for).

4. Repeat the affirmations daily: Listen to and speak your affirmations a minimum of twice per day, for a total of 5-10 minutes (minimum).

- An ideal time to do this is when you're getting ready in the morning so you can look at yourself in the mirror as you listen to and repeat the positive affirmations. Another good time is while driving.
- There is no such thing as too many times, so give yourself permission to speak the affirmations as often and as frequently as you can! Think of how many times over your lifetime you've thought the negative self affirmations, so the more you say the positive affirmations the quicker your transformation!
- The more you can get into the feeling state of the words you speak, the better you will feel sooner.

TIP: Choose words that uplift, empower and inspire you and raise your emotional set point and vibrational frequency so that you FEEL GOOD, such as these words:

Sample Power Affirmations

I love and accept myself exactly as I am. I am worthy of self love and reaching my goals.

I love and accept my body. I take care of this miraculous vessel in ways that feel good.

I see the truth of who I am; I am enough.

I choose to feel good and make choices that truly nourish my body, mind and soul.

I am happy, healthy, vibrant, whole and complete.

I have the power to create change. I act as if anything is possible, because it is.

I let go of all that no longer serves me. I gain access to power and peace inside of me.

I deserve the best and I accept the best now. I trust myself to know what is right for me.

I am strong and powerful beyond measure. I can do anything I set my mind to.

I am trying my best, and my best is enough. I allow myself to shine fully.

I am intentional with every thought and action knowing each creates my world.

I show myself respect and choose to honor myself, my body and my needs.

TIP: Pick a daily affirmation or mantra that you will repeat to yourself throughout the day, especially when you observe your negative self talk or inner critic speaking up!