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All About Affirmations

History has shown time and time again that if people maintain the belief systems that empower them, they'll keep coming back with enough action and enough resourcefulness to succeed eventually"

- Tony Robbins

What are affirmations and why should you practice them?

An affirmation is simply a statement designed to create self-change. Affirmations are generally strong, positive statements that something is already so in the present moment.

According to *Psychology Today*, using affirmations may help you to reprogram your subconscious mind to help you create the reality that you really want. Many scholars say that what we believe about ourselves at a subconscious level can have significant impacts on the outcome of actual events in our lives. I figure, if practicing saying a few words to attract love, beauty, wealth, happiness— and/or whatever else we want in our reality—might actually help us to obtain these things, what have we got to lose?

How do I create an affirmation?

Creating an effective affirmation is really quite simple. To get started, follow this formula:

1. **Write your affirmations in the first person.** Affirmations should be

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declarative statements, not questions. Start your affirmations with “I am.” Starting your affirmations in this way suggests that your affirmation is already part of your identity, a great motivator for self-change. Example: “I enjoy eating healthy foods.”

- 2. Write positive statements.** Do not write any negative words in your affirmation. Rather than saying, “I do not dwell on the past,” try saying, “I am focused on the present moment.”
- 3. State your affirmations in terms of feelings, rather than abstractions.** Rather than, “I spend time with my aging parents,” try, “I feel grateful for the time I spend with my mother and father.” Or instead of, “I only eat healthy food,” which sounds like eating healthy is a chore that you forcing yourself to complete, try: “I feel energized because of the healthy choices I make.”
- 4. Write your affirmations in the present tense,** as if it is already happening. At first, it might feel silly and unnatural to write an **unqualified** statement in the present tense. But, remember, we are trying to rewire our subconscious minds to believe something is already so. As such, if you believe you are attractive and sexy, you are attractive and sexy. Make sense? Even if it doesn’t, affirm it. Say, “I am happy and confident,” instead of “Once I get a new job, I will be happy and confident.” Or “I am sexy and attractive,” instead of, “When I lose these last ten pounds and get rid of my acne, I will be sexy and attractive.”

Note: Although you can always practice the affirmations suggested in this program, if you want to dig a little bit deeper and gain even more meaningful results for YOUR life, take some time to explore creating your own and practicing them.

How do I practice affirmations?

For years, I dabbled in affirmations – not really sure of what I wanted to be happening, feeling silly for stating things that I subconsciously thought I would never achieve, and only stating affirmations on rare occasions. It is no surprise that my affirmations did nothing for me. I highly recommend that you do not follow my past example. **INSTEAD:**

Figure out affirmations that really speak to your goals and beliefs. If you resist a certain affirmation, it might mean that it is time to develop a new one(s).

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Once you creative affirmations that speak to you, use them – daily. Some people find that it is effective to state or listen to their affirmations first thing in the morning and/or late at night. Others put their affirmations on note cards and leave them in plain sight, somewhere they will see them every day– on the bathroom mirror, the steering wheel of their car, or in their wallet. Figure out what works for you and, again, practice it daily.

Do affirmations really work?

You won't know unless you try them, now will you? But, countless CEOs, Olympic and professional athletes, and pioneers in various fields swear by them. Google it. ☺