Affirmations

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Affirmations.

Another amazing way to keep your language in check is to select and say daily affirmations. These are positive statements, that help you to stay focused.

I love affirmations for a number of reasons, but they need to be used correctly. Affirmations are brilliant at keeping you on track, and help to prevent negative thoughts that push you out of alignment.

I say affirmations as often as I can throughout the day – in the shower, driving away, cooking dinner, on the toilet, wherever I get the chance!

They keep you in the moment and stop you from feeling overwhelmed or stressed.

Whenever I am having a wobble or need to really pump myself up to deliever a high level presentation I use Affirmations all day. These are no go to technique to really help my mind to remain positive.

As with all of these techniques it is down to your own personal interpretation, you need to choose affirmations that are relevant to you, your goals and how you want to feel. They can be said in present tense or future tense, it really doesn‘t matter. What matter is you say them with conviction and power.

Write them out and place them around the house where you can see them.

Here are a few of my favourites:

I welcome abundance into my life with open arms.

I release all blocks and I know I deserve good now.

I am successful in everything that I do

I can. I will. Watch me.

I trust that everything will work out at the right time, in the right way.

All my needs and goals are met instantly.

I have all the money I need for my desires

I prosper wherever I turn

I always find the right things to say

I step into my power easily and effectively

I trust and beleive in myself

I trust my instincts and feelings

I am valued and loved

It feels good to be follow my dreams

I deserve to live the life I choose

I follow my passions and achieve my goals

Choose some that feel right for you, based on your goals and how you want to think and feel.

Affirmations.

These are pretty new to my routine but they really work and are a lot of fun.

Affirmations work slightly differently but is all based around the language you use.

Have you ever said, “Why is it so hard to.....” or “Why does this keep happening when I am trying really hard” etc

WELL, every time you say this the universe will find a number of ways to show you why it is so hard, or why certain things keep happening to you, so you you end up with is more of the same thing!!

Make sense?

Remember the Universe will always deliver on what you ask for!!!!!

So, in order to get the outcome you need, you need to think about the language you are using.

Instead of saying what is something so hard, start asking why it is so easy.....

“Why is it so easy to attract the right clients for my business?”
“Why is it so easy to make money?”

The more you ask why something is so easy, the more the universe will show you.

I love this and have really started to have some fun with it. It always makes me smile, which in itself is great, but it really does work with the results I get too. I always used to complain about how slow my laptop was and moaned about why it took so long to do anything. Now I flip it and speak about how efficient it is, and why does it work so quickly and TA DA, my computer has perked up and is functionally more productively!

HOW DO YOU FEEL?


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