

HOW TO CREATE YOUR OWN AFFIRMATIONS



Your thought patterns and mindset are significant drivers in how your life plays out. If you pause and check in with yourself constantly, you may notice some negative self-talk. From belief systems that tell us we're unworthy to constant blame, these thoughts show up in different ways. If you pay close attention, you'll notice that how you talk to yourself affects your overall outlook on life.

Our beliefs affect many areas in our lives including our emotions and willingness to do things. For instance, if you tell yourself that you can't achieve something, you'll most likely stay stagnant. The reason for this is that the thought pattern blocks you from exhibiting actions to achieve that goal. On the other hand, positive thoughts will allow you to create a positive inner environment that'll affect your actions. If you're looking to make a shift from negative to positive thinking, affirmations are a great place to start.

Affirmations: What They Are

Affirmations are words and declarations that allow us to reshape our thoughts and beliefs from negative to positive. They are central to the law of attraction, allowing us to shift from a mindset of scarcity to abundance. Although several resources give you access to affirmations, creating your list is a powerful way to shift your mindset. Ready to get started? Here's a guide on creating your own affirmations:

Convert a Negative Thought to Something Positive

The simplest way to create an affirmation is to examine what you've been saying to yourself. This practice entails being conscious of your thought patterns and belief system. Grab a piece of paper and a pen and write down the persistent negative things you say to yourself. After writing them down, convert these negative words into positive versions.

Write in Present Tense

One of the common mistakes people make when creating affirmations is writing in a future tense. This technique affects the power of your words by making your desires seem distant. Instead of using words like "I will" or "I want", say your affirmations as though the events are currently happening. Using "I am" is one of the most common and powerful ways to begin your affirmations.

Stick to the Positives

Avoid negative words such as "don't" and "can't" when creating affirmations. Instead, focus on positive statements that create a positive mindset. Many people say things like "I don't want to work at this job anymore". The mistake with this statement is that you'll be channeling your energy on what you don't want. A powerful shift is focusing on what you want. Essentially, stick to positive affirmations instead of negative affirmations.

Use Powerful Words that Motivate You

What's the point of an affirmation if you don't even believe it? The power of affirmations lies in how they make you feel. Not only are you saying the words but it's also important to feel the positive vibrations of each word. When creating your affirmations list, pay attention to powerful words such as “effortlessly”, “easily”, “excited” and “delighted”. An example is “I effortlessly attract wealth into my life”. A simple addition of the word “effortlessly” creates a stronger positive vibration in your words. Through repetition, it makes you even more excited about what you're affirming and manifesting.

Visualise What You Want

As mentioned earlier, it's not enough to say affirmations but you need to believe them as well. When writing or saying your affirmations, create a mental image of what you desire. Feel it, believe it and create it. Visualisation practices make you get even more excited about achieving or attaining whatever you want.

Conclusion

Saying affirmations is a simple and effective way to shift your mindset from negative to positive. The shift also creates room for abundance in your life. By using these steps to create your affirmations, you're on your way to creating the life that you desire. Remember that you need to also do the work to see these things unfold. Through a mindset shift, your path becomes clearer thereby creating room to take positive actions.