

# Positive Affirmations

Positive affirmations help you build a sense of positive personal identity that is unique to you. They can help you replace your negative thoughts about yourself and raise your self-esteem.

**Exercise:** Create a list of positive affirmations personal to you. Keep it where you can see it regularly and read it to yourself through the day.

**For affirmations to work, follow the subsequent rules:**

**Use positive expressions:** Saying "I am not a failure" is perceived by your unconscious as "I am a failure" because it fails to assimilate negative concepts. Instead, say "I am a successful person."

**Use expressions in the present:** It's better to use phrases like "I am a successful person" instead of "I am going to be a successful person."

**Visualize the pictures associated with these statements:** This will help increase the effectiveness of the statements.

**Feel the corresponding emotions:** It makes no sense to tell yourself something like "I'm a self-confident person" if you think otherwise in your mind. In a way, you'll only send mixed signals to your subconscious mind.

**Repeat, repeat, and repeat:** Two times a day if possible.

**Following is a list of statements of a positive inner dialogue:**

1. I am enthusiastic and energetic and strong.
2. I look after myself properly.
3. I love myself unconditionally.
4. I am beautiful and so is the world.
5. I accept myself because I realize that there is more to me than my current skill levels and shortcomings.
6. I examine criticism for ways to improve, without questioning my worth as a human being.
7. I make the best of every situation.
8. I notice and enjoy each achievement or progress, no matter how insignificant it may seem to me or to others.
9. I am the architect of my life.
10. I expect others to like and respect me.
11. I can laugh at some of the ridiculous things I do every now and then.
12. I enjoy making others feel happier and glad for time that we share.
13. I choose to be happy, healthy and successful.
14. Today, I am overflowing with joy.
15. I have been given endless talents which I begin to utilize today.
16. Today, I abandon my old habits and take up new, more positive ones.
17. I make my own choices and I create my own future.
18. Abundance is my true state of being. I accept it fully and joyously.
19. I enjoy life to the fullest.

20. I have control over my thoughts, feelings and choices.
21. I stand up for my beliefs and values
22. A river of compassion washes away my anger and replaces it with love.
23. I possess the qualities needed to be extremely successful.
24. Creative energy surges through me and leads me to new and brilliant ideas.
25. My thoughts are filled with positivity
26. I acknowledge my own self-worth.
27. I radiate beauty, charm, and grace.
28. My obstacles are moving out of my way; my path is carved towards greatness.
29. I am at peace with all that has happened, is happening, and will happen. (For business owners) My business is growing, expanding, and thriving.
30. (For those who are unemployed) Each day, I am closer to finding the perfect job for me.
31. (If you're married) My marriage is becoming stronger, deeper, and more stable each day.
32. (For those who are single) The perfect partner for me is coming into my life sooner than I expect.