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Affirmation examples i am

Affirmations are sentences that aim to influence the conscious and the subconscious. The words of a positive self-affirmation as an I'm statement, can help inspire and motivate you to act and think in a way that will adapt to your ideals and goals. Repeating these statements and concentrating on the mental images or visualizations they invoke, will help influence your behavior, your thoughts and your reactions. Setting achievable, realistic goals and intent is, of course, part of this process. I'm not suggesting you can talk your way out of a terminal illness, but I'm saying you can talk your way into dealing with that situation in a way that best suits you. So, what can positive affirmations do to help me? They can help keep you motivated. They confirm who you are and/or how you want to feel. They can keep your mind keeping the focus on the goal moving forward. They can affect your subconscious. They can change the way you think and behave. They can make you feel positive, energetic and active, and therefore, put you in a better frame of mind. How can I create Affirmations of my own? Start with the words I am. Write/speak in the present. Keep it positive. Confirm what you want, not what you don't want. Keep it short and sweet. Be specific. Try to include at least one feeling or feeling word. Create a visualization to go with it. E.g. See yourself standing on the podium or holding that trophy etc. What are some examples of I being Statements? I'm brave. I'm glad to be here. I always learn. I'm an intelligent being. I'm proud of who I am. I'm happy. I'm responsible. I'm not in a race, there's plenty of time. I'm strong. I'm going to get through this. I'm unique. I'm patient. I'm worthy. I'm lovable. I'm funny. I'm creative. I'm trustworthy. I'm a survivor. I'm loved. I'm me. I'm statements helping us confirm who we are, who we want to be and how we want to feel. Have a go at creating some for yourself. Draw a picture for each statement to help with your intention and post them around the house or office on post it notes, in your diary or somewhere clearly visible. Set yourself some realistic, attainable goals and then create some I'm statements to match. Give it a try and let me know how you go. Kim X You may also like to read:

20 give affirmations to help you rock your birth Crystals for Stress and Anxiety Management Daily affirmations are simple, positive statements explaining specific goals in their terminated states. Although they sound pretty basic at that level, these giving mantras have profound effects on the conscious and subconscious. Affirmations also hold a key to unlocking the law of attraction and creating the life of your dreams! Successful people, from top sellers and entrepreneurs to best-selling writers and Olympic athletes, have figured out using willpower to drive their success is not enough. You have to let go of all the negative thoughts and images and your subconscious mind with new thoughts and images that are positive and listed in the present. How do you do this? The technique you use to do this starts with daily affirmations, which are simply statements describing a goal in its already completed state. Two examples of affirmations would be: I'm happily walking across the stage as I get my MBA degree from Wharton. I am so happy and grateful that I am now crossing the finish line of the Boston Marathon. In addition to all the feedback I've received from hundreds of thousands of students from around the world about the effectiveness of their daily affirmations, there is now new academic research showing in high stress level environments those who use them have lower stress levels and more success than those who don't. What are Daily Affirmations? Daily affirmations are to the mind what exercise is to the body. Repeating affirmations help to reprogram the subconscious mind for success. It helps eliminate negative and limiting beliefs and transforms your comfort zone from a limited one to keep you trapped in mediocrity into a more extended one where anything is possible. It helps replace your I can't's with I cans, and your fears and doubts with confidence and certainty. How Affirming Phrases can keep you focused Affirmations are reminders to your subconscious mind to keep your focus on your goals and to come up with solutions to challenges and obstacles that can get in the way. They can also create higher vibrations for happiness, joy, appreciation and gratitude which then, through the law of attraction, magnetize people, resources and opportunities to come to you to help you achieve your goals. Whether you know it or not, you are always having affirmations... but usually not the ones that will give you what you want. These are things like, everything I eat goes straight to my hips. I'll never meet anyone I can love. I'll never get a break. No matter what I do, I never seem to get ahead. How to create positive affirmations The daily use of positive affirmations interrupts and eventually completely replaces this barrage of negative thoughts and beliefs. To achieve this, you must constantly flood your subconscious with thoughts and images of the new reality you desire to create. I will share with you two sets of guidelines to create powerful daily affirmations that work—the long form and the short form. Here are the eight guidelines for creating effective confirm statements. You may want to write these down. They are also in my book *The Principles of Success*. Start with the words I am. These are the two most powerful words in the English language. Use the present. Enter it in the positive. Confirm what you want, not what you don't want. Keep it short. Do it specifically. Include an action word that ends with -ing. Include at least one dynamic feeling or emotion word. Make affirmations for yourself, not others. Examples of daily affirmations Here is a of a confirmation following these guidelines: I'm happily driving my new red Porsche Carrera convertible down the Pacific Coast Highway in Malibu. Or if you're more ecologically minded, you can make it a new Tesla. You can use the following simple formula: I am so happy and grateful that I am now ... and then fill in the blank. Some examples would be: I am so happy and grateful that I am now earning \$150,000 a year. I am so happy and grateful that I am now celebrating having achieved my ideal weight of 140 pounds. One of my most famous affirmations is: I enjoy living in my beautiful beachfront villa on the Ka'anapali coast in Maui or somewhere better. I started writing that affirmation in 1989 and 2011 – that's right, 22 years later, I had something better! Make sure to take 5 to 10 minutes each day to repeat your affirmations – preferably high with high energy and enthusiasm. The best times are early in the morning and just before you go to bed. Action Item: Create new positive statements for yourself Write down 3 affirmations for yourself that confirm that you have already achieved 3 of your goals and dreams. Then, write down the time of day as you will commit to practicing your affirmations. Is that when you wake up in the morning? Before you go to sleep? In the middle of the day when you need a pick-me-up? Or maybe after your daily meditation when your subconscious mind is primed? And to hold you accountable, go ahead and leave a comment below with your chosen time of day. I'm following up with you to make sure you stay on track! To confirm something is simply to explain that it is true. So, creating and using affirmations should be a breeze, right? Actually, the true art of affirming is both subtle and profound. Despite the popularity of this technique, some people use affirmations that are bland and perhaps even self-defeating. When creating your confirmation, remember that even minor variations in formulations can make a huge difference in the results you get. Since your words literally have the power to create your circumstances, invest a few minutes now to take your confirmation skills to a higher level. Consider the following statement: I will quit smoking with ease and joy, remember the effects on my physical and mental health and prepare to live a longer life. Five Daily Affirmations Guidelines to Follow By using the guidelines below, you can transform limp affirmations like that into mantras for manifesting a huge change in your life! The following points are key: 1. Enter now Start your confirmation by entering the present. Take the condition you desire and declare it to be already true. 2. Be positive Our sample affirmation keeps the focus on smoking—the condition that you don't want—Instead, shine a light on what you want—to be smoke-free. A related reminder: Our subconscious skips the word not. So, remove this word from your affirmations. I'm not afraid to speak before gives us the that you're scared. Use, I feel at ease when I speak in public. 3. Be concise Shorter is better. Affirmations with fewer words are often easier to remember, especially in situations when you feel some stress. Rhymes make your affirmations even more memorable. For example, I feel alive at 185. 4. Include actions Whenever possible, affirm yourself as a person taking action. For example: I gratefully drive my new Porsche along an open highway. Action engages the law of attraction, creating new results in our lives and opening us up for further inspiration. 5. Include a feeling word Powerful affirmations include content and emotions. Content describes the specific outcome you want. Emotions come to the heart of how you feel about that result. For a more potent confirmation, add both elements. Consider this confirmation: I support my children to fully enter the world. The content of this statement is clear. Yet it lacks an emotional charge. Breathe life into this affirmation by adding an active expression of emotion: I am lovingly supporting my children and encouraging them to fully express their unique talents and gifts. You will know that you have a powerful affirmation when you feel a wave of emotional energy. The power of feeling jumpstarts you into action. An affirmation makeover now get some direct experience with confirmation transformation. Return to the first example mentioned in this article: I will quit smoking with ease and joy, remember the effects on my physical and mental health and prepare to live a longer life. Playing with the specified guidelines serves up some more exciting options, for example: I breathe effortlessly with lungs that are clean and clean. I celebrate how easily I breathe through strong, healthy lungs. Also consider the following affirmations on a variety of subjects: I'm happily celebrating my graduation from college with a master's degree. I am effectively delivering my first call to an audience of over 1,000 people who confirm my message with a standing ovation. I am confidently checking the balance of my bank account as I make adeposit of \$1 million. I go on stage to receive my first Emmy award and get a roar of applause. Once you are satisfied with the wording of your confirmation, start using it immediately. Repeat your affirmations at least three times daily – first in the morning, in the middle of the day and just before you go to sleep. Regular repetition will gently return your focus to manifesting the life of your dreams. My list of positive feeling words for affirmations below I have included a list of positive feeling words that you may want to use when creating your daily affirmations. Remember, when you create affirmations you want to create positive, self-affirming, self-giving statements that uplift and inspire you – that elevate your emotional point and your self-esteem. Here are a few more positive affirmations: I'm feeling light and alive at my perfect body weight of a thirty-five. I enjoy the thrill of flying. I attract joy in my life. I express myself with confidence openly and honestly. I feel excited, agile and alive. I effectively communicate my needs and desires to my loving partner. I look around me in the faces of the people I help and I'm glad to know that I've made a difference in their lives. I feel relaxed and grateful to sit here in Hawaii with my toes buried in the warm sand, feeling the warmth of the sun on my face. Get my affirmations for success: A step-by-step guide Discover how you can use affirmations to re-create your self-image, replace your limiting beliefs, and achieve success. In this free guide, I will teach you about the importance of daily affirmations, why they are crucial to your success, and how to implement them in your life for quick and positive changes. You can also enjoy: Visualization techniques to confirm your desired results: A step-by-step guide how to use Tapping Therapy to Eliminate Fear & Achieve Your Goals How to Develop a Millionaire Mindset Using Positive Affirmations How to Meditate for Clarity, Intuition & Guidance How to Create an Empowering Vision Board Board

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