

Creating Effective Affirmations

*The Art of Using Power Strategies to
Create the Life That You Desire*

By

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Introduction

"I am, therefore I exist," is a phrase affirming one's existence as a being. It may be a simple phrase, but it says everything about the being saying them. It indicates a confidence not commonly found among other beings.

But why do people need affirmation? Why do beings need to be affirmed? Is existence relative to one's affirmation?

Affirmation is a very powerful technique to empower one's subconscious. Once the subconscious is disciplined to believe one's affirmation, the latter is converted into a positive action for the conscious mind.

Through affirmation, beings are empowered to do, to work, and to strive for more things. Affirmation allows people to believe in themselves and to put their thoughts into action.

Affirmation is a combination of verbal and visual techniques of a preferred state of mind of a person. Strong affirmations can be very powerful, and can be used by almost anyone to achieve his goals and fulfill his desires. However, the power of an affirmation depends on how strong or weak an affirmation is.

Affirmation is merely an assertion made by a person, about something or about a state of being. A person can affirm those that he chooses to attain, like "I now have a good life." Being healthy in mind, body, and spirit can also be made possible through affirmation.

A strong affirmation should be stated in the present tense to be more effective. An affirmation of "I am now a happy being" is more effective than an affirmation saying, "I am going to become a happy being." Affirmation should always be in positive terms because it is supposed to work for you and not against you. Instead of saying, "I am

not sad," why not make an affirmation saying, "I am happy."

When it comes to the subject of self improvement, I fully understand (through my own experiences) that it is a lot easier said than done. However, you are here, right now, because you have a desire to improve your self or you are at least interested in this subject. Perhaps you are reading this to help a friend or colleague - great. If this article helps you or your help a friend, paying it forward is what life all about so we all win.

An affirmation should be made up of simple but concise words, and it should be short to be more effective. A very long affirmation can work the other way around, instead of creating a positive mindset for a person. A short affirmation can be easily spoken and repeated by a person. It can serve as a mantra that can be repeated over and over again.

To be effective, an affirmation must be repeated. Repetition works and influences the

subconscious, which in turn motivates the person into acting out his affirmation. A person who creates the affirmation should be deeply involved with the words he will be using, so he will be able to actualize his affirmation. Writing words that one believes in can be very powerful, and this can be put to good use when creating an affirmation.

However, creating an affirmation alone and repeating them a million times would not make the affirmation a state of mind. The important thing is to live one's affirmation and to be open-minded enough to do the things that would help the affirmation become a reality. Feeling the affirmation and applying it in one's life will help in making the affirmation a reality.

While affirmation is generally used to make an individual better, it can also be used to boost or confirm another person's value. By affirming another person's existence, you are helping him improve his self-worth.

Affirmation is a very simple thing that can make a very big difference in a person's life. It can be a great motivator and can make things happen.

NOW is the time!

O.K. you have read the article. Now is the time for action. Without action, this article adds no value whatsoever to your self improvement. But remember, without action, you cannot blame this self improvement article or any article for that matter. So, take action NOW.

Even if only one piece of advice, one piece of information, one tip makes a difference, then the whole article has been worth it for all of us. NOW is the time!

Following personal research, these Powerful Self Help resources that help us to improve our lives come from top experts - powerful resources and more to help you improve your lifestyle and make your dreams come true.

Every thought you think every word you say is an affirmation all of our self-talk or inner dialogue is a stream of affirmations. We are continually affirming subconsciously with our words and thoughts and this flow of affirmations is creating our life experience in every moment.

Our beliefs are just learned thought patterns that we have developed since childhood, many of these work well for us, but others may now be working against us, they are dysfunctional and may be sabotaging us from achieving what we believe we want.

Every affirmation we think or say is a reflection of our inner truth or beliefs. It is important to realize that many of these "inner truths" may not actually be true for us now or may be based on invalid or inappropriate impressions we constructed as children, which if examined as an adult can be exposed as inappropriate.

Our subconscious uses the behavior patterns we have learned to automatically respond and react to many everyday events in our life.

This is essential to our survival, we need to be able to respond quickly to events around us which would be impossible if we had to re-examine every aspect of things every time something simple happens.

Our learned responses and thought patterns enable us to automatically respond to circumstances quickly and easily. Problems arise however, if at an early stage some of the foundation beliefs on which many of the others are built were formed from a skewed perspective, maybe the strategy was appropriate for a perceived difficult circumstance, however often such beliefs are totally inappropriate for succeeding in the real world as adults.



Discovering the Source of Happiness

Each individual on this planet is striving to be happy. This is the state of being that we all know from the time of our birth. It's a state of being that we recognize as our true self -who we deeply are.

Now, for most of us, this happiness does not last. It gets replaced by a striving force to survive, which feels more like the opposite of being happy. The reason we're doing this is

Surprisingly simple - because we're told to do so.

- Our heritage tells us what to believe and feel
- Our government tells us what to believe and feel
- Our society tells us what to believe and feel

Source of Happiness

This world-view instructs us that we humans operate similarly to a mechanical clock. This view instructs that everything is ruled by cause and effect, and almost everything can be replaced when it is damaged. Additionally, we're taught the concept of the survival of the fittest.

Collectively, these two ideas condition us to accept that individuals, like animals, must function in a state of mechanical perfection or be replaced by more perfectly functioning components in the system.

These old concepts have led to a society that is completely self-centered, ego-driven, irresponsible and environmentally destructive. They've led us to a cult of happiness seekers who get their adrenaline rush by buying more useless stuff on a day-to-day basis - all in a subconscious attempt to keep the illusion of flawlessness.

We have been conditioned to consume the world in an effort to attain this illusory perfection, and it shows in our daily lives. Plainly put, we work at places we do not like in order to buy stuff we do not need.

We have forgotten that the source of happiness lies within the center of our spiritual being, and we have replaced it by seeking it in the material world. We have things backwards.

Where does it initially come from: Desire? Wanting something? Bettering ourselves? Take a good look at your life right now. Where do you live? What does your furniture look like? What sort of car do you drive? How much money is in your bank account? Look in the mirror - how do you look?

Everything has been manifested one way or the other, by you. You may not be aware of how far-reaching your ability to manifest truly is in all its aspects. Are all my thoughts responsible for this? Yes! Whatever you see in

the physical universe has been created in one way or the other by your thoughts. Your thoughts are the drafts of what later becomes physical form.

Everything starts with a thought, which is a thought. That's why it's crucial to pay attention to your thoughts. If you worry about getting all those bills paid you'll create more of the same thing, simply because you've entertained it.

Your thoughts are nothing more than frequencies or vibrations that resonate with similar vibrations already existing. Fascinating, isn't it? You would like to be able to control your views, given that they create your reality. If you are able to control your thoughts, you are able to control what you would like to create and manifest in your life.

If you cannot control your thoughts, things will manifest that seem random and unconnected to you - and they are - they're

actually manifested from others. Your consciousness is like a radio station.

You can send signals and programs and you can receive signals and programs. Sometimes you may want to receive and sometimes you may want to send.

To know when to send and when to receive is one of the greatest success factors in life. It's the balance of knowing when to create and when to experience. You cannot constantly create for you would miss out on the other part of the experience. On the other hand, if you only experience things, you'll never get to manifest anything.

Another way of putting it would be responsive responsibility - the ability to consciously respond. In every moment, you have a choice about what you want to do, and what you want to decide. If you don't exercise this power, nothing happens in your life - at least not what you want. This brings us to the next topic.

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