

# **Four Steps to Creating Personal Positive Affirmations:**

## **Step 1: Identify your negative self-talk and beliefs**

You can't change what you don't acknowledge. Start by becoming aware of the dominant negative self-talk and beliefs you have. You'll need to spend a few days listening to yourself and monitoring your thoughts. Get an A4 blank piece of paper fold it in half and then unfold it. Down the left side write a list of the self-limiting statements you've been thinking and saying. Stick to one topic or personal issue at a time. Write everything that comes to mind on the topic. Try not to over think it, just let it flow. Each time a negative self-talk statement comes up add it to your list. Don't judge the thoughts as they come up know that by being aware of them you are beginning the process of emptying them out and making space for new positive thought patterns.

## **Step 2: Now create affirmations out of those beliefs**

Now that you have all the old negative thoughts and beliefs you are going to use them to create new positive statements. On the right side of your paper, turn each negative statement around into a positive statement. This may be a challenge. You mightn't believe a thing you write at first. But do it anyway!

## **Step 3: Begin using the new affirmations**

Fold the paper in half again. Ignore the left side forever, its gone. Hang or place the folded paper, positive-statements facing on top, somewhere you'll see it often. Read your affirmations from time to time. This list is simply an occasional reminder that you're transforming your thinking. If you catch yourself thinking or saying any of your old negative statements, stop yourself. Transform it into the positive statement, right then and there.

## **Step 4: Notice the "magic" unfold**

Soon you will no longer say you are worried or anxious (or whatever your issue is), but you'll also begin to believe it and one day you'll notice that you are worry and anxiety free!

You'll also find that one affirmation in particular resonates with you more than others. Make it your daily mantra. The more you use it the more you will believe it, at a subconscious level which is where the real magic happens!