

# Affirmations

Affirmations are powerful tools to help yourself set intention, create change, reach goals, and achieve your dreams.

## Steps

### 1. Clarify something that you *don't* want.

Example: *I don't want to talk to and treat my body in a mean way.*

“Don't Wants” are great motivators. Just use them to clarify and don't stay stuck here!

### 2. Clarify what you *do* want.

Example: I want to be kind to my body.

### 3. State your desire in a simple, present tense, positive, enjoyable way.

Examples: *I treat my body like a dear lifelong friend.*

*I am kind to my body.*

*I treat my body with love and respect.*

*I sleep deeply and peacefully for many hours each night.*

*I allow myself to love and be loved deeply, fully and easily.*

*I love eating healthful, delicious whole foods.*

*I exercise with ease and enjoyment.*

State your affirmation as if it were already fully true and use words that feel good to you.

Make sure the words give you a pleasurable feeling.

**4. Feed your affirmation with enthusiasm and happiness.** This creates a magical magnetism that will work for you.

**5. Enjoy your affirmation, feel that it is already happening and then let it go and get out of the way.** We actually block our affirmations if we try too hard or worry about them happening.

**6. Watch for inner guidance to help lead you toward achieving what you want.** Hunches, glimpses of possibilities, surprising ideas, intuitive nudges will come your way once you send out your intention.

### 7. Take baby steps toward change.

Identify a small step you can take to begin to move toward your affirmation.

Set a small goal. Do it. Set another small goal. Do it.

*Remember: small steps get you up the mountain.*

## Some ways to use affirmations:

- Write them on your:
  - Mirror
  - Screensaver
  - Notebook
  - Dayplanner
  - Refrigerator
  - Desk
- Create a collage, drawing, painting, etc. integrating your affirmation
- Each morning write and say your affirmation aloud.
- Dance the intention. Create a dance for yourself in which you feel your desire becoming reality.
- Give your affirmation lots of emotional juice! Feel it, imagine all through your body and emotions how your life will feel, look, sound, taste when you are fully living your affirmation.
- Practice your affirmations in your imagination frequently, especially when you are falling asleep and waking up.
- Practice shifting to the feel-good sense of your realized affirmation whenever you find yourself practicing the “Don’t Want” ( i.e. speaking harshly to yourself in your thoughts).

*“The winds of grace are always blowing but we have to raise our sails”*

Sri Ramakrishna

*“Affirmations are clear straight forward statements of positive change in body, being and performance. They represent a firm contract with ourselves. They focus our best conscious efforts on transformation while seeking to enlist powers beyond our conscious understanding. Affirmations are written in the present tense to describe conditions as you intend them to be.”*

Leonard and Murphy- **The Life We are Given**

## Resources:

### **Write It Down and Make it Happen: Knowing What you Want-- and Getting It!**

Henriette Anne Klauser

**The Power of Intention** CD and book by Wayne Dyer

**The Life We are Given** by George Leonard and Michael Murphy

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