

THE ART OF CREATING EFFECTIVE AFFIRMATIONS

The outer conditions of a person's life often reflect their inner beliefs.

Thought is creative! Although there are circumstances out of our control, much of what we believe results in our life's creations. Everything invented in this life started as a thought.

1. Vision Crafting – How I want it to be. I wish... I desire... I want... Wouldn't it be nice if...? Articulate the vision to evoke a feeling and create a unified image that resembles a snapshot or billboard advertisement. (For example, you could cut out pictures from magazines to create a collage.) You will release old beliefs once you have a clear vision of what you want and what is calling to you. We need a clear vision of the garden in bloom to motivate us to remove the weeds, rocks, and stumps. Explore what matters to you. Be specific. *The vision must be believable and inspiring for you.*
2. Prepare the soil through mental clearing. When you respond to your vision, opposites naturally arise. Limiting beliefs and fears are part of the process. However, 80% of the time (or more), our beliefs are not real. We need more than just insight into our beliefs. What manifests is what we truly believe, not what we wish to believe. *Utilize the additional tools: the Transforming Beliefs Sequence, Round of 10, or Turnarounds.*
3. Create affirmations as if you already possess what you desire. Use "I am " or "I have " instead of "I will " or "I hope." State your desires clearly, specifically, and positively in the present tense. Include yourself by using the first person, "I." Focus your affirmation on yourself rather than seeking to change others. Repeat your affirmations daily. You can dance, draw, sing, or act out your affirmation; the more enthusiasm, the better.
4. Consider whether your affirmation lies on your growing edge—not too easy and not excessively ambitious. Does it feel attainable? If it's too distant from your belief system, use phrases like "I am open to believing..." or "I am willing to consider...."
5. Care for the garden. Plant and nurture the seeds through daily practice. Write it, say it, draw it, dance it, sing it, or meditate on it. Create a mental image with the affirmation that stirs emotion within you. We often give up too soon.
6. Manage feedback. Continue to clear negative beliefs. It's like a plant hitting a rock; it doesn't mean it can't grow. You just need to remove the next rock. If necessary, adjust your vision: the shape of the vision can be flexible while the deepest desire remains unchanged. Ask yourself, "What do I need to do differently? What have I learned? Who have I attracted to my vision? Is this desire aligned with my highest purpose?" Don't blame others- that's the easy way out. Go back to your beliefs and consistently practice mental clearing. Realize that your affirmation will bring up everything that is NOT your new belief. Your Old Brain will kick, scream, and try to keep you safe by discouraging you from moving forward. Accept that weeds are part of the growing process. Be gentle and loving to yourself throughout this journey. If you're feeling burnt out, there might be something wrong with the plan or your execution of it. When we're on a true path with a balanced attitude, there's often a natural flow despite the inevitable ups and downs.

Here are some examples of Turn-Arounds - transforming Limiting Thoughts into Empowering Beliefs:

Limiting Thoughts

The problems are so big; my contribution can't make a difference.

I don't have time; someone else will have to do it.

The problem needs someone more powerful, more knowledgeable than me.

I'm too small. I don't have what it takes.

If I take responsibility, I'll have to do it all myself.

My family, my income, my leisure time will suffer.

I'm confused; I don't get it.

I don't know how to be effective.

I'll be shot down.

Things can't change.

Others won't like me.

The problems are too big and have gone on forever.

The higher you climb, the farther you'll fall.

Empowering Beliefs

Real change happens out of commitment of a few; I am one of the few.

I take responsibility for the world as it is and start with my own behaviors. I am right on time.

The present world is a product of much of our thinking; I start with my thinking.

I educate myself and develop the skills I need. I only fail if I quit.

I only need to *contribute* to the solution. I trust the process.

My vision adds depth to all my relationships.

If not me – who? I have what it takes.

I build a team person-by-person until we make a positive impact.

I attract people who see and affirm me.

I just need to improve things step-by-step in the places where I have some control

Some people won't like me no matter what I do; I might as well do things that make me proud of myself.

My mind is wired to be focused on the negative; I regularly find examples of positive change and improvements.

I explore my past and work to heal my disappointments. I no longer use cynicism as a defense. I can handle life's inevitable ups and downs.