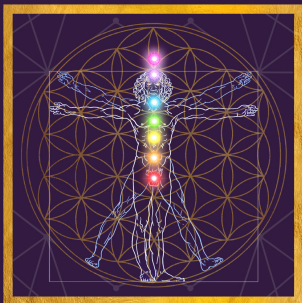


# POSITIVE AFFIRMATIONS



SHARON WHITE

## Positive Affirmations

Start thinking about positive affirmations you can use for yourself to enhance your life.

Positive affirmations are as important to your health and wellbeing, as much as drinking water is good to keep you hydrated.

When you start thinking more positively, you will attract more positive things to you.

It is important the affirmations are framed in the “positive” which means **use ONLY positive words.**

Negative words are NOT welcome here!

While affirmations can be helpful, they don't always work.

Here are 3 reasons positive affirmations fail, and what you can do to make sure they work for you to help you achieve your goals and maximize your potential in whatever area you are looking to master.

### **Affirmations Fail Because:**

- **You are just going through the motions.** You need to attach an energy to the affirmation. Feel excited, positive, happy, make it feel as real as possible. You need to really BELIEVE it is possible for your affirmation to be effective.
- **You don't want the affirmation to be true.** You may have written an affirmation of something you think you want in the future and you know it take effort and you are not willing to put in the work!
- **You are not saying the affirmation correctly.** The way we say it matters.

Many affirmations begin with "I am...". For some people that feels like a lie, incongruent, or it feels weird and awkward. So they give up.

As mention above you need to believe your affirmation, so make it feel achievable. Make it something you really want to happen NOW and state it in the positive.

For example.

**I want to feel confident** - is framed into the future. This is not attaching emotions as if you can feel it NOW!

You will never achieve you goal as it is framed in your future. If you have ever done work on S.M.A.R.T goals. This is the same principle.

**Make it Specific. Measurable. Achievable. Realistic. Timeframe (IN THE NOW)**

**I am confident** - is good if you can BELIEVE it and FEEL it. If you already believe it now, all good. This affirmation will reinforce what you already believe to be true and the more you say it the stronger it will get.

**If you don't believe it yet you could reframe the affirmation to a question. For example:**

Will I feel powerful? Will I be confident?  
Will I feel successful?

Your subconscious mind will then take on the affirmation as it is open to the possibility of the thing you want. Once you feel it as a YES then you can use. I am statements.

**I am powerful! I am confident! I am successful?**

I wrote some affirmations for myself on self esteem here are 20. Your job is to write your own affirmations about your life. On the area you are working on right now.

## **20 Positive Affirmations For Self Esteem**

- I completely love and accept myself.
- I am beautiful inside and out.
- I am happy and successful.
- I have high self-esteem.
- I deserve abundance in all aspects of my life.
- I am loving, healthy, positive and prosperous.
- I deserve respect.
- I let go of negative thoughts and feelings about myself.
- I love the person I have become.

## **Positive Affirmations For Self Esteem**

- I love and accept myself completely.
- I have everything I need within me right now.
- I surround myself with people who bring out the best in me.
- I recognize the many good qualities I have.
- My body supports me, and I am grateful.
- I am perfect just as I am.
- It is safe to be myself.
- I have a huge capacity to give and receive love.
- I always see the best in other people.







## Positive Affirmations

Say your affirmations daily and really feel in your body that you mean it and believe it.

**Evoke positive emotions. The BIGGER THE BETTER.**

It is much more powerful to say positive affirmations with emotions attached.

Really embody your affirmations to make lasting change.

**"Use your affirmations daily. Notice how positive you start to feel". - Sharon White**