

MODULE TWO  
BONUS MATERIAL

*Affirmations*

REPEATED THOUGHTS + EMOTIONS =  
RESULTS

# AFFIRMATIONS 101

Affirmations are *awesome!* They are a way to reprogram the subconscious mind through repeated exposure to positive, targeted, desired thoughts, feelings, and images.

Our brains / subconscious mind have the amazing ability to recreate patterns and habits, and repetition and imagination (affirmations, mantras, visualizations) are a great way to do this. An “Affirmation” is a short, direct, conscious connection with the version of yourself that you are desiring to be + become, aka your “Intentional Identity™” ...

When repeated, our thoughts (neurons) “strengthen” over time and become first nature. When we add emotion and embody the Affirmation *as though* it were actually happening, the “strengthening” process happens more quickly and deeply and we begin to align with, and create the *inner state* AND the *outer reality* that we desire!

For a more in–depth exploration of how all of this works, I highly recommend:

- [Module 7.1 “Vision, Visualization, and the Subconscious Mind”](#)
- [THIS ARTICLE](#) for more about affirmations, how they work, and a TON of example affirmations!

# AFFIRMATIONS “HOW TO”

- You can create + design an affirmation for *anything* that you desire to BE, DO, or HAVE...
- When creating an affirmation, make sure that it's in the active, present tense:
  - “I AM” vs. “I will...”
  - “My life IS harmonious and safe, and I AM the creator of my reality”
  - Etc.
- When creating an Affirmation, make sure that it conjures up *emotion*, and feel into that emotion as you recite / create / “drop into” your affirmation.
- Try to hone in on the *WHY* behind the affirmation – *WHY* you want this new thought pattern/belief system to be your M.O. Why is it important to you? How do you feel when you affirm this new reality or belief to be true? How does this affirmation serve you? Excite you? Align with your values?
- An Affirmation might stem from a detailed visualization, meditation, dream, OR from being so sick and tired of the way things are that you create it out of your “Discontentments” ...

For example:

- Discontentment: “*I am so tired of not being able to fit into my pants!*”
- Longing: “*I SO badly want to feel comfortable and confident in jeans! I want to look like I feel!*”
- *Affirmation: “I love my body and I nurture it with exercise, healthy food, and gratitude every day. I feel confident, expressive, and free, and I love that I show up for myself and follow-through with my priorities!”*

# AFFIRMATIONS:

