

AFFIRMATIONS

by Cynthia H. Stringer



Definition: An affirmation is a statement we make to our subconscious mind that allows us to create a fundamental shift in our experience. We are actually speaking to and reprogramming our negative beliefs and thoughts by actually replacing them with positive and true statements.

TIPS ABOUT AFFIRMATIONS:

- ◆ An affirmation is positive.
- ◆ Use I am with your name, with a specific date, intention.
- ◆ Repeat the affirmation over and over again in written and verbal form.
- ◆ Post your affirmation in places where you will see it
- ◆ As you begin to work with affirmations you will become more aware of your negative self talk.
- ◆ If necessary you may want to turn some of those negative beliefs into useful and positive affirmation and change those beliefs.

This is the best information I have found on Affirmations. Taken from Janet Dian's books "In Search of Yourself" which are excellent. This is book #1. ISBN #0962644609.

When you are working hard to find an answer to a challenge that has you baffled, there is a process of designing affirmations that will maximize their effectiveness. It consists of the following five steps:

1. Find out what conditions are causing your present situation.
2. Release the old conditions.
3. Prepare yourself to accept the new conditions
4. Accept the new conditions.
5. Affirm your new condition.

The most effective way to utilize affirmations is to WRITE them. Get a notebook and write them down daily. They will be challenging at the beginning but be persistence. Your affirmations will evolve as you grow. Be conscious as Janet speaks about in the previous 5 step model that you need to dialogue with your subconscious mind to find out what is preventing you from being FI. Nothing is unrelated.

WRITING AN AFFIRMATION:

In [a certain time period] (your name) I am financially independent.

Therefore I am financially independent by [certain time].

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Cynthia H. Stringer, President of *Success By Design Inc.*, offers coaching programs & presentations that educate and inspire! Contact Cynthia via e-mail at cynthia@successbydesign.net. For further information and to subscribe to the free newsletter, visit her website. © Copyright Success By Design, 2001. All rights reserved.

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PREVIOUS

EXAMPLES

- ◆ Thy will be done this day! Today is a day of completion. I give thanks for this perfect day, miracle shall follow miracle and wonders shall never cease.
- ◆ I have a wonderful business in a wonderful way and I give wonderful service for wonderful pay.
- ◆ More money is flowing into my life. I deserve it and will use it for my good and that of others.
- ◆ I have an unlimited number of valuable ideas in my consciousness.
- ◆ I love what I do and that love brings me all the money I want.
- ◆ Every dollar I circulate enriches the economy and comes back to me multiplied.
- ◆ Every dollar I bank is accumulated wealth for my personal pleasure.
- ◆ Whatever I do, increases my financial worth every day.

Cynthia Stringer, CFC, coaches people in living an energizing and healthy life by focusing on what is most important. She works with you to identify ways to be in more integrity and to live with vision. Please contact our offices to receive your copy of the Life Style Inventory and to schedule your complimentary phone coaching appointment. Phone 312-553-5101, or e-mail cynthia@successbydesign.net.