



AFFIRMATIONS

How to Create and Use

By Lorna Rasmussen

What is an affirmation? It is a positive declaration in the first person, and the present tense describing what you want to be, do and have. It is a statement of what you want your life for your life. So, it is stated in the present tense but is about a future result.

Often when I explain this to people, I get puzzled look and push back. Since an affirmation is written in the present tense, people feel that they are not being truthful.

Let's take one of my favorites from W.Clement Stone, the founder of Combined Insurance,

"I feel healthy. I feel happy. I feel terrific!"

What some people will say is "But I don't feel happy or healthy or terrific!" so it isn't true.

It is hard to for people to declare something that isn't true but what they aren't understanding is that an affirmation is a just a tool, just like a hammer. You are, by using affirmations, creating a new and better you, just like a hammer is a tool building a new and better house.

How does it work? It is effectively programming your subconscious mind which does not make a distinction between reality and fantasy. In other words, just like what happens when you watch a sad movie and experience the sensation of sadness, even to the point of crying. You can hold these images and sensations brought about by speaking the affirmation and your mind will "believe" them and act upon them as true.

Here is the formula for writing an affirmation that I learned from Paul J. Meyer:

- Make it positive
- Make it a declaration or statement about yourself in the first person (I)
- Make it in the present tense (I am)
- Make it specific about what you want to be, to do, to have, etc.



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In even more detail, here is Jack Canfield's advice of "[How to Turn Limp Affirmations Into Mantras for Success](#)":

1. **Enter the "now".** Start your affirmation by entering the present tense. Take the condition you desire and declare it to be already true.
2. **Be positive:** Shine a light on what you DO want, and not on what you don't want. Our subconscious mind skips the word *not*, so delete that word from your affirmations. "I am not a afraid of public speaking" gives us the message that you are afraid. Instead use, "I feel at ease as I speak in public."
3. **Be concise:** The shorter, the better. Affirmations with fewer words are often easier to recall, especially in situations when you feel some stress (which is where they can be very useful.) Rhyming makes your affirmations even more memorable. For example, "*I am feeling alive at 185.*"
4. **Include action:** Whenever possible affirm yourself as a person who takes action. For example: "I am gratefully driving my new Porsche along the open highway." Action engages the Law of Attraction, creating new results in our lives and opening us to further inspiration.
5. **Include a feeling word:** Powerful affirmations include content and emotion. Content describes the specific outcome that you desire. Emotion gets to the hear of how you feel about that outcome. For a more potent affirmation, add both elements

Affirmations to get you started.

Try your hand at creating your own.

Here is a great one to start your day or to use to fashion your own affirmations.

It can be said as a single affirmation or broken into single affirmations.

- Today is a new day, and it brings with it a new set of opportunities for me to act on.
- I am attentive to the opportunities, and I seize them as they arise.
- I have full confidence in myself and my abilities.
- I can do all things that I commit myself to.
- No obstacle is too big or too difficult for me to handle because what lies inside me is greater than what lies ahead of me.

- I am committed to improving myself, and I am getting better daily.
- I am not held back by regret or mistakes from the past.
- I am moving forward daily.
- Absolutely nothing is impossible for me."

— Idowu Koyenikan, Wealth for All:
Living a Life of Success at the Edge of Your Ability

Here are a selection of Affirmations for Work and Life

1. Life loves me!
2. Today, no person, place, or thing can irritate or annoy me. I choose to be at peace.
3. I am grateful for my healthy body. I love life.
4. I am, and always will be, enough.
5. I always attract only the best of circumstances, and I have the best positive people in my life.
6. I have all the tools I need to achieve my goals.
7. Every rejection brings me closer to my next sale.
8. I am attracting all the people circumstances and events I need to succeed.
9. Today, I will do what I fear most, and thus I'll control my fear.
10. I will see failure as only a signpost on my road to success.
11. I see every problem as an opportunity to overcome a challenge.
12. I attract the success I desire.
13. I attract the people who fit perfectly with my business.
14. I am a recruiting magnet.
15. Recruiting is the lifeblood of my business.
16. I am building a huge team every minute of every day!
17. I love talking to people about my business.
18. I am worthy of all the good things that happen in my life.
19. I am confident with my life plan and the way things are going.
20. I let go of the negative feelings about myself and accept all that is good.

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