



What are affirmations?

Affirmations, also referred to as ‘mantras’, are positive sentences that describe a desired situation. They are similar to computer commands, with which you program your subconscious mind. The repeated words build mental images and scenes in the mind, which you may not even be consciously aware of; this helps you to focus on the aim, object or situation you want to achieve or create.

Frequent exposure to affirmations affects the subconscious mind, which in turn will reshape and affect the way you think, act and behave and even the events and circumstances you experience. Ultimately affirmations can affect your life and your destiny. Sometimes affirmations work fast, but more often they need time to make changes.

When affirmations are repeated many times, they affect the subconscious mind and trigger it into positive action. The subconscious mind always accepts and follows what we tell it, whether it is good or bad for us. If you often repeat in your mind negative sentences and statements, you might consequently find yourself increasingly in undesirable situations.

The thoughts and words you keep repeating in your mind work both ways, to build or destroy, to bring positive or negative results. Repeating positive affirmations a few minutes, and then thinking negatively, may neutralise the effects of the positive words.

Therefore, it’s best to try to avoid negative thoughts and doubts about what you are affirming, otherwise you will not get positive results. Once taken on board, beliefs/ thoughts tend to become self-fulfilling prophecies because we unconsciously amplify evidence that supports our beliefs/ thinking patterns and downplay or ignore evidence that challenges them. Focusing on affirmations helps to tune your mind into taking in evidence to support positive beliefs of your choice.

Harmony4Life testimonial

“Repeating positive affirmations daily and using visualisation has helped a lot particularly in helping to develop positive expectations”



Creating your own affirmations

To create your own affirmations you simply write positive sentences which describe what you want to do, be or have. It should always focus on a specific area, which may be related to your goals.

Write a short sentence on a card ensuring that it is:

1. Personal- describing a specific attribute that you want, e.g. 'I am always positive in all situations'
2. Positive- stating exactly what you want, rather than what you don't want
3. Written in the present tense, as if you already possess the attribute, e.g. 'I am always positive' as opposed to 'I will be positive'
4. Using words that have action and emotions and are meaningful to you

Creating your own affirmations is recommended rather than using ready-made ones. The more personalised they are the more powerful they will be! If you need help with this contact Harmony4Life for a coaching session focusing on affirmations and beliefs.

How often should I practice my affirmations?

Start with 4-6 affirmations and say them at least twice a day whilst imagining what you would see, hear and feel. This should only take 10-20 seconds per affirmation, approximately two minutes per day for results that are very powerful.

If possible say them out loud and with conviction- doing this will lock them more firmly in your mind. A good time to do this is in the car if you travel on your own. Providing your windows aren't down people will probably simply think you are singing along with the radio and you can completely let any inhibitions go!