

Your Mind – How to Do Affirmations

Affirmations - Use daily affirmations to re-mind you and keep yourself on track.

ACTION: Create four or five brief phrases to support you.

Write them in the I AM form (positive present tense).

Yes, they do need to be true, to some degree.

Read them when you wake up and before you go to sleep. *(It helps to keep them at your bedside. Reading them before you sleep will plant positive seeds in your subconscious mind.)*

Here are a few examples:

I Am Now working toward living each day to its fullest!

I Am learning to Love myself and I Am practicing making positive healthy choices now.

I Am taking positive Actions and Am beginning to be more Confident each day.

I Am moving Forward now, with small consistent steps.

I Am learning to recognize my special gifts and talents and have begun to use them.

Now you create some:

I Am Good at _____, and with practice I Am getting better and better.

I Am Good at _____, and with practice I Am getting better and better.

I Am Good at _____, and with practice I Am getting better and better.

I Am Good at _____, and with practice I Am getting better and better.

I Am Good at _____, and with practice I Am getting better and better.

I Am Good at _____, and with practice I Am getting better and better.

Here are a few more examples:

I Am becoming increasingly more and more Comfortable, Calm, and at ease during all medical procedures.

I Am becoming increasingly more and more Relaxed with medical personnel.

I Am becoming increasingly more and more Calm Relaxed as I think about Choosing to have a blood draw for my optimal health and well-being and I am becoming more and more calm.

Now you create some:

I Am becoming more Relaxed as I _____.

I Am becoming more Calm as I _____.

I Am becoming more Confident as I _____.

I Am becoming more Relaxed as I _____.

I Am becoming more Calm as I _____.

I Am becoming more Confident as I _____.