

Guidelines for Creating **Effective Affirmations**

An affirmation is a personal positive thought or statement in the first person, present tense, affirming that your desired goal has been reached or is within reach.

Use the following guidelines to create effective affirmations:

- 1. Start with the words *I am*.**
- 2. Use the present tense.**
- 3. State it in the positive. Affirm what you want, not what you don't want.**
Wrong: I am no longer afraid of flying.
Right: I am enjoying the thrill of flying.
- 4. Keep it brief.**
Act as if each word costs £1,000.
- 5. Make it specific.**
Wrong: I am winning a medal
Right: I am feeling on top of the world winning a gold medal in
- 6. Include an action word ending with *-ing*.**
Wrong: I express myself openly and honestly.
Right: I am confidently expressing myself openly and honestly.
- 7. Include at least one dynamic emotion or feeling word.**
enjoying, joyfully, happily, celebrating, proudly, calmly, peacefully, delighted, enthusiastic, lovingly, secure, serenely and triumphant.
Wrong: I am getting fit.
Right: I am feeling agile and great being healthy and fit.
Note that the last one has the ring of an advertising jingle!
- 8. Make affirmations for yourself, not others.**
Wrong: I am hoping to get the grades I need.
Right: I am ecstatic about achieving my desired grades.
- 9. Add – “*or something better*”.**

A simple way to create affirmations

1. Visualise what you would like to create. See things just as you would like them to be. Place yourself inside the picture and see things through your eyes.
2. Hear the sounds you would be hearing if you had already achieved your vision.
3. Feel the feeling you want to feel when you have created what you want.
4. Describe what you are experiencing in a brief statement, including what you are feeling.