

Crafting Affirmations Guide

Craft an affirmation about how you'd like to show up in a situation, how you'd like to be: ***Affirmation arises out of your Vision for yourself.***

An **Affirmation** is a verbal statement of what you want to create.

Affirmations should be:

Written down.

Write versions of the affirmation down as you're working on it and write the finished one out when you're done. Post it where you'll see it

Stated in the positive.

Keep the affirmations entirely **positive**; avoid the use of words such as no, not, shouldn't. You want to declare that you can do, be, or have whatever you're affirming.

Example: *I am confident of my ability to pass the exam.* **Vs.** *I will not fail the exam.* (The word fail presents the mind with a stronger image than the word not)

Succinct.

Keep them **simple**; you should be able to easily remember and repeat it throughout the day.

Example: *I forgive myself completely and thoroughly for all perceived mistakes.* **Vs.** *I forgive myself for the mistakes I made in my marriage and for not being there for my grandmother when she was dying and for not being kind enough to my neighbor's teenage son.* (Second is too long!)

Stated as if it already exists.

Keep them **in present tense**; put the idea into your consciousness that this is the present reality.

Example: *I make time in my life for my family and friends.* **Vs.** *I'm going*

to make time in my life for my family and friends. (The second sentence allows for too much leeway and procrastination — "someday" attitude that doesn't promote change in the present.)

Include you in it.

Keep them **personal**; ground your affirmation in yourself; often "I" statements are used.

Calling for changes for you, not others.

Example: *I am capable of communicating my needs to others.* Vs. *My partner will understand my needs.* (Empowers you to take responsibility; you can only control yourself, not others)

Kept on the growing edge.

A growing edge affirmation is **specific** and **magnetic**. It states the vision in an active and succinct way. This energizes the process of change and creates a shift in the consciousness.

Check that you're emotionally invested in the affirmation. It should give you a little jolt or butterflies in your stomach!

Check that the affirmation moves you forward toward your vision. It should affirm a new way of being, doing, reacting, responding, or acting.

Your affirmation will change and evolve as you do. Work with it daily to energize it.