

Affirmations Support And Accelerate Success

Once becoming clear about a goal you want to achieve, there are a number of ways to help support the journey toward its accomplishment. One very effective method is through the use of affirmations.

An affirmation is: a statement that describes a goal in its already completed state. The purpose of the affirmation is to repeatedly tap into the subconscious mind for eventual positive and sustained change to achieve one's desired result.

When properly structured and implemented, affirmations support and accelerate the successful attainment of goals.

When using affirmations, they should connect with as many of the senses as possible. While that begins with word selection and sentence structure, it is important to consistently repeat a written affirmation silently and aloud.

Always try to tap into your strongest feelings about the topic. While writing, thinking, or speaking an affirmation (doing all 3 is preferred) associate emotions, taste, smell, touch, sound, and sight and much as possible.

Once an affirmation reaches the subconscious mind (through repeated use), it is as if you have a personal advocate whispering positive support — even when you are not aware of it.

Some examples of an affirmation are:

"I am confident and proud after receiving my promotion in only 5 months or better"

"I am celebrating the completion of my 4-year degree in only 3 years"

"I am feeling the sun and wind on my face while riding my new silver Harley"

"I am enthusiastically and effectively communicating with an audience of 100 people or more"

Key components of a well-stated affirmation include:

- Make affirmations only for yourself. This is only about you and your completed desire.
- Begin with "I am". The subconscious mind interprets these words as a directive to make the statement happen.
- State the affirmation positively and in the present tense. Omit any negative reference such as "no" or "don't," and describe as already achieved.
- Be specific and brief. Nonspecific words produce vague results. Edit so each word is important and easy to remember.
- Incorporate an "ing" action word(s). It emphasizes active power and a vision of accomplishment.
- Include a word(s) expressing emotion or feeling. Emotionally, how would you be feeling when the goal was achieved? And associate as many of the 5 senses as possible.
- Add "something better," "better" or "more". Often including such words will expand the potential for greater possibilities (beyond your original consideration)

Remember, when you visualize the completion of a goal and repeatedly affirm the end result (written, silently, and aloud), your subconscious mind will soon automatically do this for you -- like someone supportively reminding you of your goal.

Get creative and expand how you implement the use of your affirmations. Here are 5 ideas to consider:

1. Use pictures that represent your completed goal and place them where you will be easily reminded of your affirmations. You can even overlay a photo of yourself to include with the picture.

2. Write your affirmations on post-its or index cards and strategically place them for you to see throughout the day. You may want to keep index cards with you to view and absorb repeatedly.
3. Definitely read and speak your affirmations when you first awake in the morning and just prior to going to sleep. These are especially powerful times for reaching the subconscious mind.
4. Record your affirmations and play them back to yourself. You can do this many times during the day, and listening as you fall asleep is superb. When recording, remember to speak the words as if the goal has been completed and you are basking in its glory.
5. If you regularly use a computer, enter your affirmations in the screen saver.

Get in the habit of reviewing your affirmations when you are doing other activities, such as exercising, waiting, during TV commercials, or riding in a car. Get creative.

The results of the well-constructed affirmation process can be absolutely amazing. The process is fairly simple and an effective way to help achieve one's goals. Yet, very few people consistently implement the use of affirmations; so those who do really develop a competitive edge and an extremely useful success tool for life.

About the Author

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