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Creating Personal Affirmations

Affirmations seem to be popping up everywhere these days but they are an ancient practice deeply rooted in spiritual culture. In modern terms they even extend to commercial slogans and personal identity with lifestyle brands. I like to think of affirmations as a tool to expand and improve the “brand” that is YOU. As you know brands change, evolve, and improve, so do we! Affirmations help to concrete an internal desire until it becomes an external reality.

How does this happen?

1. You **express your desire** (in the present tense) to yourself and the universe at the same time when using affirmations.
2. You **detach from the outcome** while realizing the power that you have to create your reality.
3. Your **subconscious programming starts to change** to new beliefs and you are inspired to **take conscious actions** that align with your desires.

Here’s an example:

As you know *language* is very important to developing an affirmation and in creating reality. Some religions believe that you can “speak something into existence.” Imagine someone who always talks about how they “cannot get in shape” or someone who constantly says, “I’m fat.” They attract and maintain a vibration of being just that! This language constantly affirms that they are a person who is fat and who cannot get into shape.

Some worldly examples of words, language, and sound being very important can be found in religions and even science. The beginning of St. John’s Gospel proclaims that the whole of Creation happened through a singular and all-empowering vibration. “In the beginning was the Word, and the Word was with God, and the Word was God.” In science the Big Bang Theory has been correlated as a series of sound by astronomy professors and cosmologists, even in relation to music. Professor Mark Whittle of the University of Virginia explains in his research he calls *Primordial Sound: Big Bang Acoustics*:

“It (the universe) would have begun in complete silence leading to a whisper, then a descending screen, building into a deep rasping roar, and ending with a deafening bass. The highest pitch sounds ultimately spawn the first generation of stars, while the deep bass notes slowly dissolved to become the tapestry of galaxies. By looking at the ratio between the pitch of the notes, we can figure out what the actual chord is.”

Buddha was a great supporter of how our thoughts become reality. He said:

“We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves.”

When to do Affirmations

Affirmations work best **when your subconscious mind is most open to suggestion**. Have you ever been confused after just waking or just before falling asleep? That's because your brain is entering different states and your brain waves differ from being fully conscious and alert. The beta state is most alert. When we sleep we are in the delta, theta, and alpha states.

Affirmations will be most effective right before bed or just after waking up.

I like to do mine in the shower :). In front of a mirror is excellent. You will begin to see a light in your eyes when your beliefs change.

Dissecting an Affirmation

1. **Use PRESENT tense.** If you don't use present tense, you will be constantly working toward your desire, instead of BEING your desire or becoming your statement.
2. **"I AM"** is one of the oldest and most powerful statements.
3. **Reframe something you want to change.**
4. **Make it believable first**, then change it later as you begin to believe the statement more.

Example: "I am broke."
"I never have enough money."
"I always come up short."
"I hate paying bills."

Reframe: "There are limitless possibilities for me to attract money into my life."
"Money flows easily and frequently into my life."
"I am a magnet to the energy of money."
"I live an abundant life."
"I am in the process of creating the income I most desire."
"I am a willing and active participant in my my personal success."
"I am happy to pay for services that enhance my life, like lights and water."

BEFORE creating your affirmations, it's important to uncover your *limiting beliefs* first and then reframe them. Going through the rest of these exercises will help you craft more effective affirmations.

Asking Powerful Questions

How powerful questions can keep you on track with your desires and goals.

By asking powerful questions we can **identify the motivations and beliefs behind your actions and thoughts**. You can begin to identify better choices and the feelings you want to experience along the way to your goal or in your everyday life. Feelings are important to managing your vibration.

Examples of Powerful Questions:

- Will this choice propel me toward an inspiring future or will it keep me stuck in the past?
- Am I looking for what is going right or what is going wrong?
- Am I standing in my power or am I trying to please another?
- How much is it costing me to continue to have this pattern?
- Who do I need to BE to reach my goal?

(**Example** fitness: To be healthy, I need to be someone who prioritizes health and commits to healthy habits.) Asking about “being” versus “doing” relieves the pressure in your mind of an immediate to-do list.

- What choice propels you toward your highest good in this situation?
- Is this an act of faith or is it an act of fear?

Affirmations & the Power of Reframing

How to reframe, and why doing it before creating an affirmation is a good idea.

Reframing:

- Old Belief/ Negative Feeling → Identify the opposite = **What you want**.
- Ask powerful question(s) → Identify the action or belief you want **NOW**.
- Create affirmation → “I Am” + New belief or action (in present tense) + desired result.

Example: I fear that I will never have enough \$. → I want to have an abundance of money.

Why do I want money? What could I do now that will allow me to feel free? → Because I want the freedom to eat, travel, and do more of what I want.

Affirmation result: *I am grateful for the abundance of activities I can enjoy for FREE in my city.*

Rephrase “**I can’t**” to “**How can I?**” → Leave out negative energy words and change to positive.

Example: I can’t seem to find enough time? Ask, “How can I find more time?”

Affirmation: *I live in an abundant universe that allows me to find pockets of time throughout my day.*

Ready to write down your affirmations?! GO FOR IT.

Affirmation Exercise

- Old Belief/ Negative Feeling → Find opposite = What you want.
- Ask powerful question(s) → Find action or belief you want NOW.
- Take what you want + action or new belief and create affirmation.

OLD Belief / Negative Feeling	NEW Belief /Opposite	REFRAMED to What I Want = = Affirmation

Now, practice your new affirmations out loud.

Here's my secret tip I use with all my clients when we are working through affirmations.

**PLACE YOUR HAND ON YOUR THROAT WHEN YOU SAY
AFFIRMATIONS OUT LOUD.**

Ok. But why?

By putting your hand on your throat during affirmations you activate the Limbic System in a physical way. The **Limbic System** regulates emotions and motivations. Especially those related to: survival, fear, anger, and pleasure. Feelings of pleasure/reward are powerful and self-sustaining. These feelings activate a circuit of specialized nerve cells in the Limbic area of the brain which is devoted to producing and regulating pleasure. When you associate these statements during a time that your subconscious mind is open, the statements become associated with pleasure, motivation, and emotion.

Affirmations are always positive, so you can see how this is a practice that can only improve your personal power and reality.

Why is My System of Creating & Practicing Affirmations Effective?

It activates and uses multiple areas of your brain and senses.

1. By writing the affirmations after analyzing your old beliefs and reframing, you remain in control of the creation, take ownership of the problem AND the solution. The analyzation part requires your **neocortex** brain, not to mention the language development and motor skills parts.

2. When you create the affirmation and use language that evokes emotion and you *feel* that emotion when practicing, you activate the **Limbic system**. When your hand feels the vibration of the statement in your voice you are able to intuitively know more of the statement's possibility and truth from the tone and physical vibration of your voice.

3. The second purpose of your hand on your throat and hearing your own voice is to activate/use your brain's **physical**

response and instincts. Sometimes referred to as the "Reptilian Brain." Too often we have expectations that affirmations will simply start working overnight and we practice them without really "being" in our bodies. We rely too much on the conscious mind, which honestly is what can get us confused and off track before we even start.Am I right?! Below is a very basic diagram of these "brains" and their functions.

The Triune Brain



- **Neocortex** - Thought (including planning, language, logic & will, awareness)
- **Limbic System** - Emotion (feelings, relationship/nurturing, images and dreams, play)
- **Reptilian Brain** - Instinct (survival, breathing/swallowing/heartbeat, startle response)

YOU DID IT!

You now know **how to create powerful affirmations** for your greatest desires, goals, and dreams to begin to manifest.

If you get into a spot where the words don't feel exactly right, **get a thesaurus** and find words that are similar. Place them into your affirmation until you find the *right* word for you.

PRINT THE LAST PAGE OF THIS LESSON TO REFERENCE

Affirmations are very much a personal practice in my opinion. Here are some I practice.

I am a willing and active participant in my success.

I speak my potential into a resonant field of support. (The Universe has my back :)

I have value. I am valuable.



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How Do Affirmations Work?

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2. You **detach from the outcome**, while realizing the power that you have to create your reality.
3. Your **subconscious programming starts to change** to new beliefs and you are inspired to **take conscious actions** that align with your desires.

How Do I Create My Affirmations?

- Old Belief/ Negative Feeling → Find opposite = What you want.
- Ask powerful question(s) → Find action or belief you want NOW.
- Take what you want + action or belief and create affirmation.

How Do I Practice Them?

- Alone. No Distractions. In front of a mirror is great!
- With one hand gently resting on your throat.
- Make each statement with purpose.

When Do I Practice Them?

Affirmations work best **when your subconscious mind is most open to suggestion.**

Why is My System of Creating & Practicing Affirmations Effective?

It activates and uses a variety of your brain and sensories. (Sight, Hearing, Physical Touch)

You are a beautiful being. You are loved. You live a creative + inspired life. #vibeup & #rockon

-Anna