

SUMMARY UNIT 4 : Chapter 3 : Writing Affirmations

In this session, we learned how to write affirmations. You will use these principles from now on with every affirmation that you write. Remember, when written correctly, an affirmation will trigger a vivid picture in your mind of your goal already accomplished. Your affirmations are powerful tools to deliberately control your forethought. As you have learned, this is the same process that successful, high-performance people use in their own daily lives. Like them, you, too, can paint your own positive scenarios, change your picture on the inside, and automatically gravitate toward your goals by using these tools.

There are seven basic guidelines for writing affirmations. Review them closely.

- 1. Personal:** Affirmations are written with the word "I" in them. You can only affirm for yourself. The desired change will come about because of something you do, and it is your own inner picture that will change because of your affirmation.
- 2. Positive:** Always describe what you want in your affirmation. Describe what you want to move toward, not what you want to move away from.
- 3. Present Tense:** Affirmations are written as though they are happening right now. This requires using your imagination and becomes easier with practice.
- 4. Action-Oriented:** Use terms that describe and trigger action pictures, such as "easily," "quickly," "energetically," "confidently," and so on in your affirmations. These are of critical importance.
- 5. Emotional:** Use words that make you "feel" your affirmations. The more powerful the emotion you feel when picturing your accomplished goal, the faster your affirmation will work for you.





Writing Affirmations Continued

6. Specific: If your goal is to exercise regularly, what kind of exercise? Is it jogging, walking, swimming, aerobics, or something else? How regularly? Three times a week? If so, on what days? What time of day and for how long? Your affirmations must be specific. If an affirmation is written in general terms, the picture is too vague and it leaves you with too many escape routes.

7. Realistic: After you have written your affirmation, close your eyes and picture it. Can you see yourself there? You need to be able to see it, to visualize it, and to imagine it if you are going to achieve it.