

Exercise - Writing Affirmations that Correspond to Your Big Dreams

You want to create affirmations which correspond to the big dreams that you wrote for yourself. You want to make sure that you create affirmations that cover all of the areas that you created dreams for. Because you want to begin manifesting in all areas of your life.

Affirmations are a way of visualizing an empowered and amazing future for yourself. When you say them or hear them, they enter the realm of your conscious mind as well as your subconscious mind. When they enter your subconscious mind, they have the power to change your life. This one small change in your thinking can have profound effects on your life.

One thing that we want for you to consider is that all of the self-talk and dialogue that you have going on in your head is just a long line of affirmations. Or messages that you are sending to your subconscious mind. We are now wanting you to create ones that can have a profound positive effect on your life. That can open you up to receiving the things that you desire.

Over time, with repetition, your reality begins to reflect your affirmations. They are a powerful tool for creating your desired reality. If you trust in their power, you will create that which you stated as being true. Affirmations help you to create the belief that you already have the things that you desire.

Creating Your Affirmations:

- 1) Make sure that they are always stated in the positive. Your mind and the Universe do not understand the negatives.
- 2) Keep them in the present tense. You can do this by starting them with words like “I am”, “I love”, “I know”, “I have”.
- 3) Make them specific. When they are specific, you have more emotion and feeling around them.
- 4) Make them Believable. We want for you to stretch your imagination and to dream big, but we also want for you to keep them in a range that is believable for you. This way, you will have positive energy around them.
- 5) Keep them short. Your affirmations are more powerful when they are shorter.
- 6) Adding Gratitude. We have discussed how powerful gratitude is in your life. It can help to turn a funky mood around to a better feeling one. It, also, helps you to focus on the good and what is going right in your life. You can add gratitude into your affirmation statements, and it will help you to be grateful and to show gratitude for the things that are now on their way to you.