



## Yeah, You Rock

### How To Get Going On Affirmations

*by Signe*

#### **I. Lift Yourself Up**

To get physically fit, we condition our bodies. To get mentally and emotionally fit requires conditioning too—just of a different sort. We must ‘train’ ourselves with more positive patterns around the way we think, feel and speak. A critical starting point is adopting the use of affirmations. Sound like a cheesy 80’s idea? Remind you of a Saturday Night Live ski? Well, guess what? They work. Affirmations effectively open up the path to change, so we’re bringing them back...but in a hipper, more relatable way. These handy tools of the conscious mind help eliminate existing negatives and/or create new positives—eventually coercing the underlying subconscious to move in that same direction. The subconscious mind is very influential and it operates like a straight shooter; what it hears is what it does. So by overtly declaring your goals and desires in a positive way, you will eventually find yourself the proud owner of a new set of positive patterns that become more instinctive through practice.

Like any new workout regimen, it can be uncomfortable in the beginning—but over time you’ll get into the welcome habit of positive ‘self-talk’ and you’ll look forward to your affirmation exercises.

Now, what does it *really* mean to use affirmations? It means choosing words that are explicitly constructive, optimistic and also feel *real*...like:

- “I am in an incredible relationship that feels really right for me” instead of “I want to be in a better relationship (because the subconscious mind will keep you ‘wanting’ for more than you have).
- “My body is its natural shape and I’m very comfortable with it” instead of “I won’t feel badly about my body any longer” (because the subconscious mind holds on to what makes you ‘feel badly’).
- “I hear my body’s amazing wisdom and eat with hunger cues” instead of “I’m not going to eat emotionally anymore because it makes me preoccupied” (because the subconscious mind hears ‘eat emotionally’ and remains ‘preoccupied’).

So become your own affirmation police and focus on guiding yourself towards the more positive and active, rather than away from the negative and passive.

## **II. Roll Around In It**

Pronouncing something through an affirmation is one key component, but for true effectiveness, it doesn't end there. Alongside the pronouncement, you also want to summon up the energy behind the desired thought to ensure fulfillment of the affirmation (rather than leaving it alone as a hollow and idealistic wish). For example: after stating that you are at your natural shape and why that makes you comfortable, imagine how you want your day to go with food and how you want to feel in your body. Next, recall a time when you had self-mastery over your food. If you have difficulty imagining good feelings about your body, borrow someone else's positive energy that feels good about their body and take that on as your own. Splash it all over you, like it already exists and is yours. See how nice that feels? Then go forward from there.

## **III. Valuing Me First**

Let's back up a step for a moment. Since our personal power lies in the way we perceive our own worthiness, it's important to get that piece in place upfront (after all, you don't run a marathon before learning to jog). Before trying to make any further progress here, ask yourself this question: do you believe you deserve good? Do you, really? The way to find out if you believe that you deserve something is to say it in simple affirmation form—or even write it down to look at it—and then take note of the thoughts that come to mind. Is there still doubt? Observe the thoughts and feelings that surface in real time so that you can shed light on negative self-talk you may not even have noticed previously.

Start with foundational affirmations. These are like 'pre-affirmation' affirmations, because they really help to lay the right groundwork (rather than building on shaky stilts). First ask yourself how you feel, for example, when you eat emotionally. If the answer is "I feel unhappy", then respond to that with "I deserve to feel amazing".

Here are some other foundational affirmations:

- "My world rocks and so do the people in it."
- "People are into me."
- "Good stuff is coming my way."
- "Someone would be lucky to date me!"

Use affirmations on top of building blocks to create a firmer base for getting what you really want in life. And bear in mind that the more you practice stating affirmations like you really truly mean them, the more effective they will be. Convince yourself entirely and good things will indeed happen.