



*The Shift:  
from stressed  
out to  
blissed out*

*The Shift: AFFIRMATIONS*

*USE THE POWER OF POSITIVE THINKING*

Website <https://stressedtoblissed.vipmembervault.com>  
Email [sheri@tranquilitysoulspa.com](mailto:sheri@tranquilitysoulspa.com)

# Affirmations

Affirmations use the power of positive thinking to achieve inner peace. Our thoughts become our reality, so focusing on positive thoughts is the best way to ensure a positive outcome. Our thoughts create and contribute to all of our experiences in life. Choose thoughts that nurture and support you. Criticizing yourself never changes anything. It's time to shift your thinking and start accepting, and loving, yourself just as you are. It doesn't even matter if you truly believe the statement when you start – the act of repetition will cause shifts in your thinking, and after a while, you will!

Our brains take time to make these shifts, so give yourself a good 3-6 months of positive messages before you give up. Most people do affirmations for a few days, don't see immediate results, say it doesn't work and stop. That's the wrong approach with this method.

Some of the common reasons for affirmations to not work include not feeling that you deserve the change, keeping the unwanted behaviour or actions makes you feel safe or comfortable, feeling doubt that you can make the change, or that you can keep the change going, and giving yourself permission to make the change. Fear of change is understandable and real, but can keep us stuck in bad situations for a very long time.

There are many affirmations out there; whole books have been written on the subject! I like simple, quick ones, that are easy to remember. But you can include goals, or really anything that you want. One key concept to remember is that you are selling yourself on this change, so you need to make it appealing, to draw you into the new behaviour or new outlook.

## **Some general guidelines for creating affirmations are:**

- Choose what you really want to change, not what you think you should change.
- Use positive wording, and be very specific. State exactly what you want to see happen.
- Use the present tense. Your subconscious mind is very literal; asking it to do something someday i.e. "I will have" or "I am going to have" probably guarantees you won't see results for years, if ever. Be specific and say it as if you already have it!
- Don't use comparison words such as more, better, increase, or decrease. Your mind won't know how much more or less you want, and will likely not change anything.
- Remember that you don't have any control over others; your affirmation needs to be about you and things you can control, not about making someone else change to suit you.

## **What to do with your affirmations:**

- Say it loudly, say it quietly, say it in your mind
- Say it into a mirror; look yourself in the eyes and tell your subconscious what you want
- Post it all over the place to remind yourself
- Repeat it often
- Say it first thing when you wake up and last thing before bed
- Listen to what you say back to yourself, and use that to redraft your affirmation to counter any self defeating thoughts, or encourage positive ones

Add any of these adjectives to give it more appeal: Comfortable, satisfying, delightful, ingenious, safe, unexpected

Bonus tip - start a Pinterest account and look up and pin inspirational quotes and tips for making your life better, or use another method to find positive quotes and mantras to inspire you.

Some sample affirmations are attached on the handout. Fill in the blanks:

I choose to forgive \_\_\_\_\_ for \_\_\_\_\_ and live in peace. Their actions are not a direct reflection of my self worth.

It is easy to \_\_\_\_\_

I surprise myself by \_\_\_\_\_

I find creative ways to \_\_\_\_\_

I find it fun to \_\_\_\_\_

I like the feeling of \_\_\_\_\_

Now create your own affirmation: