

## How to Change your Life through Positive Affirmations

For many of us, positive self-talk is not easy or natural. We are quick to doubt ourselves and point out the flaws we may possess or think we possess. However, this negative talk is the key component that is in the way of you reaching your full potential and believing in yourself. Believing in yourself and reaching your potential are both things you deserve. Developing a new mindset isn't easy but it *is* possible. You can change your life through the use of positive affirmations.

There are four steps that teacher, Kate Britt, describes that she has used with her adult students, who have experienced successful results after using positive affirmations. Her philosophy illustrates the process of identifying negative self-talk, reframing these thoughts into positive affirmations, begin saying the positive statements, and then watch the "magic" occur (Britt, 2011). Initially, the positive affirmations may feel unnatural and even untrue, but the more you speak positively the easier it will become and even become the truth. Buddha states "All that we are is the result of what we have thought. The mind is everything. What we think we become" (Britt, 2011).

Identifying the negative thoughts has been suggested to do in writing. This makes a connection between your psyche and your psychological self. It may be helpful to elicit the help of your family and friends to listen out and notice the negative talk. Write down all the comments you say or think about you and your situation: for example, "I can't afford a vacation" or "I will never meet the right person." Allow this to flow naturally and be spontaneous with your thoughts. The next step will be to turn each negative statement into a positive affirmation. The new statements must be in the present tense, such as "I can afford a vacation" or "I am ready to meet the perfect person." It is okay if this process feels weird or unnatural. Changing your mindset is not easy but it is possible.

All that is left is to put the words into action. Put the list of affirmations in a place where you can read them often. When you begin to speak negatively about yourself, trade the unconstructive sentence for the affirmation. Use your family and friends again for support and helping you to recognize your harmful statements. The last step Kate Britt discusses is simply watching the "magic unfold" (2011). Not only are you now saying you can handle money or meet someone special but you will begin to believe it. You will begin to believe in yourself! The transformation process will not be easy but it will be worth it. You deserve all that will follow!

Britt, K. (2011) How to change your mind and your life through positive affirmations. Retrieved from <http://tinybuddha.com/blog/how-to-change-your-mind-and-your-life-by-using-affirmations/>