

# Fit & Lean in 2014

## 3.2 Creating Personal Affirmations



Positive affirmations are a technique used to program the subconscious mind to effect change by repeating (or meditating on) a key phrase (or series of key phrases) to bring about the desired outcome.

Use of effective affirmations has the potential to bring out the best in you! Affirmations can help you to harmonize your actions with your goals.

### How To Create Your Own Personal Affirmation:

1. Decide specifically what you want. A habit change (smoking, eating more vegetables), attitude building, motivational or situational.
2. Visualize your ideal self or situation. Your affirmation should plant a vision of you achieving your goal clearly in your mind.
3. Start your affirmation with a positive pronoun - e.g.: “I am” “My”
4. Use verbs and emotions to build a motivating statement of success - e.g.: “I am excited to go the gym every morning.”
5. Remember that affirmations are made to be modified as you achieve your goals. You can continually refine them to find what feel most comfortable and empowering to you.
