

# MIND PROGRAMMING GUIDE



THE MILLIONAIRE MIND SECRETS

## Affirmation Construction

### What are Affirmations?

Every thought that you think and every word that you say is an affirmation. Your internal dialogue is literally a continuous flow of affirmations and has dramatic impact on your life!

What you repeatedly say and think (especially when strong emotions are present) creates your life experience in every moment.

Many of your beliefs may simply be learned thought patterns that you have developed since childhood. Some of these beliefs may work well for you, while others may be working against you. Negative thoughts and beliefs can be very destructive if not changed - they can literally sabotage you from achieving what you want.

### How to Create Positive Affirmations

Affirmations are an excellent and easy way to powerfully influence your subconscious mind and they are also very simple to create and use.

An affirmation is a carefully formatted statement that you need to repeat to yourself (preferably aloud) and which you should also write down frequently.

To ensure that your affirmations are really effective, you need to write them in the present tense. They also need to be positive, personal and specific.

Affirmations need to be:

- Present Tense
- Positive
- Personal
- Specific



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Please read your affirmations when you wake up in the morning and also before going to sleep at night. You can also repeat them during the day or whenever you wish.

## Effective Affirmation Construction

Your affirmations always need you include the word “I” in order to be most effective.

Also, you always must use some form of time reference in your affirmations. It’s usually most beneficial to refer to the present. “I Am” is a great way to start an affirmation. For example: “I am happy and successful”

You need to phrase each affirmation in the present tense, as though it has already happened.

## Affirmation Examples

*Example 1:*

In this example we will create an affirmation to assist in finding a new job that is more fulfilling than your existing one. Also, we will add that your new employment will give you a higher wage than you currently receive.

*“I am deeply grateful for my new job as \_\_\_\_\_ [which I begin by \_\_\_\_\_ (date) and] which is enormously fulfilling and which enables me to earn a wonderful wage of \_\_\_\_\_ (amount) each week”*

The text above that is in the square brackets [ ] need not be included unless you are giving yourself a specific deadline for achieving your goal.



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## *Example 2:*

In this example we are going to create an affirmation that will help to develop greater self-confidence when speaking publically.

*"I am a confident and relaxed public speaker"*

## *Example 3:*

Here are some affirmations that can help to overcome the tendency to constantly worry about the future.

*"I am confident that I can overcome every challenge"*

*"I understand that the only constant in life is change and I am prepared for it"*

*"My mind is relaxed and I am thinking clearly"*

## *Example 4:*

Here is an affirmation to help overcome negative thinking so that you can start creating what you want, instead of what you don't want.

*"My thoughts create my reality so I always enjoy choosing positive constructive thoughts"*

## **Affirmation Construction is Easy!**

So as you can see affirmations are very easy to create. And providing you use these guidelines when creating your own, you can experience incredible success through using them consistently and frequently.

