

Affirmations

Our thoughts create and shape our lives. Every thought we think creates how we live our lives. Using affirmations will change your life. An affirmation is a positive statement that you repeat to yourself and implant in your inner consciousness.

Using these powerful affirmations can help to overcome certain undesirable traits and negative and habitual thought patterns in your mind. Using positive affirmations you can instruct your body and mind to act in a certain way.

Each time we hear or say a negative statement, we X it out of our minds. We have been programmed over the years by our parents, teachers, friends into thinking who we are. It is time to take control of YOUR life. By changing our negative thoughts we can change our behaviour patterns and live the lives you deserve.

Karen guides her students to make effective and relevant positive statements and asks them to place them around the house. One day Karen had the gas man in to look at her central heating. While working on her web site the gas man passed by not knowing that the web site was Karen's. He said that his girlfriend had been on a course and had changed her life. He also said that he noticed in many houses positive statements around people's homes. Karen smiled and knew her techniques are a winner. That was a fairly unusual way to get feedback on my own course.

By repeating the positive affirmations each day we reinforce our statements in our mind. Affirmations can help you to lose weight and stay healthy, overcome a phobia, fear or low self esteem, overcome performance anxiety, help you to change your life.

You can feel more confident and help change the way you think and behave.

Say affirmations that relate to the problem, use them every day, start your day with positive affirmations, use positive words only, add the power of visualisation to your affirmations.

Examples:

I love myself for just being me

From this moment I think only positive thoughts

I love my body and accept it just the way I am

I will only say kind words to my self