

I Can Use Affirmations



Self-affirmations are positive statements or self-scripts that can shape the subconscious so that you will be able to develop a positive thought process. It will help you have a more positive perception of yourself.

Affirmations can help you to modify harmful behaviors or achieve goals, and they can also help undo the harm caused by negative scripts, those things which we repeatedly tell ourselves (or which other people repeatedly tell us) that contribute to a negative self-perception. Affirmations are simple to create and use, but you will need commitment to make them work. Here are some pointers to help you get the most out of these powerful tools.

Tips to assist you in using your affirmations:

Think of your positive attributes.

Think of what negative scripts you would like to counteract or what positive goals you want to achieve.

Prioritize your list of affirmations and what to work at.

Compose a list of your affirmations. Write them down.

Match up some of your positive attributes with your goals.

Make your affirmations visible so you will be able to use them on a day to day basis.

Continue using your affirmations even if you're feeling better or all around doing better in life. It will continue