

How To Make Positive Affirmations Actually Work!

Have you ever practiced, or thought about practicing, positive affirmations?

I'd like to let you in on why affirmations may or may not have the promised benefit that you hear the wellness experts promise. To reinforce why you should practice them, I wanted to mention just some of the potential benefits. Affirmations can:

- *Shift your energy from negative to positive*
- *Reset your nervous system*
- *Create new neural pathways in your brain that support the beliefs and behaviors you want to make part of your daily life*
- *Help you become intentional about what you want to experience each day*

Wow, right?

But their effectiveness depends on whether or not you allow yourself to FEEL that what you're saying is true!

If you take a moment to allow the emotion of the affirmation flow through you, the effectiveness of your affirmations will nearly double!

Tips for Creating an Effective Affirmation Practice

- 1 Write down your affirmation and put it where you'll see it first thing in the morning.
- 2 Put your hand on your heart before you start your affirmation to remind yourself to feel into the emotion.
- 3 Say it out loud. Doing this makes the affirmation more penetrable to your heart and mind. (Preferably repeat 2-3x)
- 4 Close your eyes and allow the emotion of the affirmation to flow
- 5 Type your affirmation in your phone and set 2-3 reminders during times of the day when you typically start to feel a drop in your mood/energy, or when you feel like you feel tempted to slip into old mental patterns. I like 3:30 & 7:00 pm. That's when I always need a little mood lifter.
- 6 Make them part of your everyday routine & practice them absolutely no less than 40 days straight if you want to create new neural pathways in your brain. (according to neuroscientists preferably 68 days).





A Positive Affirmation for You

If you've never practiced positive affirmations, here's one I wrote that you can try. Feel free to use it exactly the way it's written or modify it so it resonates more deeply with you. Or perhaps you can use it as a guideline to create your own. And FYI, it can be as short as one heart-stimulating sentence.

"I am Divine Love in expression. I have all I need within me to be confident in who I am, confident in my ability to accomplish great things, confident that my life has meaning and purpose. I am a strong yet gentle, powerful yet peaceful, passionate yet compassionate, loving and lovable. I AM Love."

Or simply...

"I AM Love."

Be sure to let me know what you experience once you start practicing them!



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