



Positive Affirmations

Positive affirmations work by replacing negative programming with more life-affirming statements. Through repetition, you can actually **reprogram your brain** to think more positively and optimistically!

According to Dr. Carmen Harra “Affirmations do indeed strengthen us by helping us believe in the potential of an action we desire to manifest. When we verbally affirm our dreams and ambitions, we are instantly empowered with a deep sense of reassurance that our wishful words will become reality. Affirmations are proven methods of self-improvement because of their ability to rewire our brains. Much like exercise, they raise the level of feel-good hormones and push our brains to form new clusters of “positive thought” neurons.

Use these to strengthen your vision of what you are working on. Make them a habit and repeat them whenever you have spare time: waiting in line at the grocery store or for your coffee, at a red light, in an elevator, while brushing your teeth or in the shower. Pick a few that resonate with you, memorize them and **REPEAT OFTEN!**

“Money comes easily and effortlessly to me”

“I am very lucky”

“My body is healthy; my mind is brilliant; my soul is tranquil.”

“I am courageous and I stand up for myself.”

“My thoughts are filled with positivity and my life is plentiful with prosperity.”

“Today, I abandon my old habits and take up new, more positive ones.”

“I am exactly where I am supposed to be right now and the BEST is yet to come!”

“I am blessed with an incredible family and wonderful friends.”

“I acknowledge my own self-worth; my confidence is soaring.”

“I draw from my inner strength and light.”

“This situation works out for my highest good.”

“ Wonderful things unfold before me.”

And of course my favorite one of all is

**“Thank you Thank you Thank
you.”**

Even if I am not expressing gratitude for anything in particular, I am affirming that there is so much to be grateful for- which of course attracts more!

See you in a minute,

Stacey