



STRATEGIC PATHWAYS

WORDS INTO ACTION

How to Use Affirmations
to Reach Your Goals



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INFORMATION



TABLE OF CONTENTS

1) Affirmations for New Beliefs

- What is an affirmation? How can it help you?

2) What Story are You Telling Yourself?

- Examining your current beliefs

3) Choosing Your Affirmations

- Thinking about which areas of your life you would like to change

4) How You Say Them Matters

- The role of tone in affirmations

5) What You Say Still Matters

- Wording your affirmations

6) Time to Choose Your Affirmations

- Some jumping off points for thinking of your own affirmations

7) The 5 Truths

- Using the 5 Truths to help you brainstorm

How to use this guide:

THIS GUIDE IS INTENDED TO OFFER IDEAS AND INSPIRATION FOR PEOPLE WHO WANT TO REACH NEW GOALS. IT ISN'T INTENDED TO SUPPLY MEDICAL ADVICE OR REPLACE THE GUIDANCE OF ANY MEDICAL PROFESSIONAL OR THERAPIST.



Affirmations for New Beliefs

We choose, and have chosen, every belief we have.

By making the same choices again and again, we form habits.

If you want to change your life, you must change those habits.



Everything you believe to be true is true for you, until you change the beliefs that are holding you back. But how do we change our beliefs?

By using affirmations.

Affirmations are messages we tell ourselves that give validity to a belief.

We either have deliberate affirmations or unintentional affirmations, but we are all using affirmations.



What Story Are You Telling Yourself?

What story are you telling yourself ABOUT yourself that is enabling your current choices?

Sometimes our beliefs about ourselves emerge in our emotions, not words or thoughts.

If you think affirmations sound silly, or they won't work, well, that is an affirmation too!

In order to adopt new beliefs, you need to replace the old ones with messages that support the changes you want to make.

This involves creating affirmations that you will purposely take time think and feel multiple times a day.

These deliberate messages will drown out the automatic, involuntary thoughts that have been holding you back.

Once you choose your affirmations, you'll say them to yourself 6 times each day, plus any time a limiting thought pops into your head.



Choosing Your Affirmations

To determine your affirmations, look at the 8 areas of your life and choose what you want to change.

Emotional

Relationship

Career

Intellectual

Physical

Spiritual

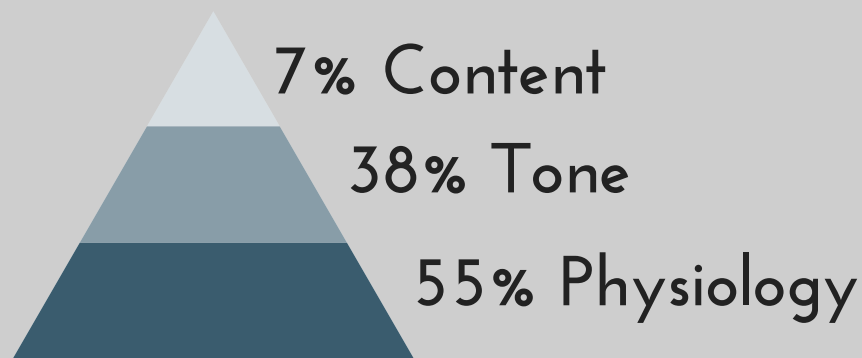
Family

Financial



HOW You Say Them Matters

UCLA Professor and Communications scholar Albert Mehrabian showed how much of what we say is communicated in words, and how much in the way we say it. His work showed communication is:



Dr. Mehrabian's work is sometimes oversimplified, but can be especially helpful when applied to instances when we don't believe the content of the words we are hearing. That is often the case when we first start using affirmations: we are telling ourselves reassuring statements, but we don't quite believe them yet.

That's okay. You don't need to believe your affirmations at first, you just need to say them as if you do.



WHAT You Say Still Matters

So now you know it's okay if you don't "feel" your affirmations right away. You **WILL** feel them eventually. After all, you're going to be saying them at least 6 times a day. As long as you manage to stop yourself from rolling your eyes, adding "yeah, right," or otherwise undermining the affirmations, you're on your way to changing your beliefs, and changing your life.

But what about the words that make up your affirmations? The words still matter.

Even though content isn't everything, the language you use for your affirmations is still important. Write your affirmations in the positive, and write them like they are true and happening already, even if they are not.

Example:

"I have money in the bank to spare," instead of
"I am not going to worry about money."





Time To Choose Your Affirmations

No doubt about it, it can be daunting to pick which messages to repeat to yourself over and over again. Affirmations change your neural pathways. The rest of this guide offers some ideas to help get you started.

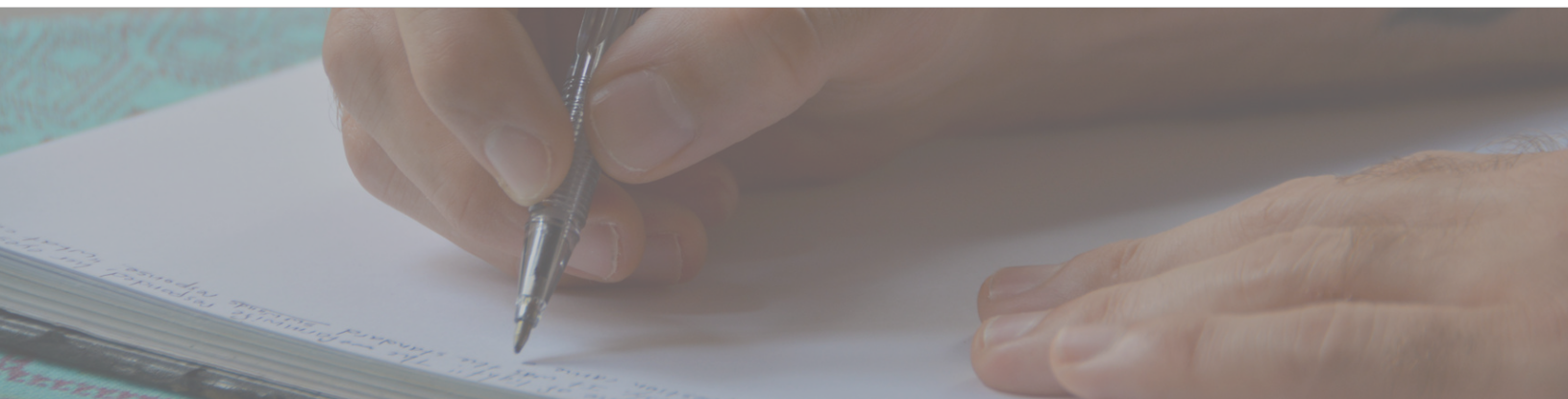
People

Who is affected by the goals you are setting or the changes you want to make? Your children? Your employees? Your spouse? Your business partner? Don't forget yourSELF. Consider affirmations that capture the good feelings you get when thinking about how positive changes make the lives of those around you better.

For example:

"I'm making Mary and Hassan worry less by taking good care of myself."

"I like what I see when I look in the mirror."





Progress

Describe improvements you want to make as though you've already made them.

For example:

"I am a marathon runner."

"I am the top salesperson on my team."

Problems

What problems will go away as you work on your goals? Set affirmations that describe your life without these problems.

For example:

"I feel proud and calm when I look at my credit card balance."

"I jump out of bed Monday morning, ready to have a great week."





The 5 Truths

To help you understand what type of language might make good affirmations for you, let's imagine you're using affirmations to help you adopt the lessons from 5 Truths into your life. To refresh your memory, here they are again:

Everything you believe to be true is true, until it isn't.

We get what we tolerate.

You can't fix what you don't acknowledge.

When you choose the behaviour you choose the consequence.

If it's important to you, you'll find a way. If it isn't, you'll find an excuse.

Over the next few pages, you'll find examples of affirmations you could use to help shift your mindset toward each of these. They can also be used as templates for writing your own. Good luck & enjoy the process.



STRATEGIC PATHWAYS

Everything you believe to be true is true, until it isn't.

Affirmation ideas:

My thoughts matter.

Affirmations make a difference.

It's never too late to go after the life I want.

Being honest with myself is a priority, even if it's not easy.

I'm on a roll! Keep going!

List some affirmation ideas of your own:



We get what we tolerate.

Affirmation ideas:

I can make lasting changes to my life.

I am worth the effort.

I can do hard things.

I have enough energy to make changes.

I will treat myself at least as well as I
treat other people.

List some affirmation ideas of your own:



You can't fix what you don't acknowledge.

Affirmation ideas:

I love myself unconditionally.

I am making positive changes.

Reviewing my progress is worthwhile, even when it's uncomfortable.

I am growing and improving every day.

I'm in control of how I respond to challenges.

List some affirmation ideas of your own:



When you choose the behaviour you choose the consequence.

Affirmation ideas:

Hard work today means results tomorrow.

I feel great when I follow through on my plans.

My new normal is keeping my commitments.

Big changes happen one day at a time.

Long term success is worth short term sacrifice.

List some affirmation ideas of your own:



STRATEGIC PATHWAYS

If it's important to you, you'll find a way. If it isn't, you'll find an excuse.

Affirmation ideas:

I'm making big changes, and that takes time.

I can rise to the occasion.

I am full of energy.

Nothing is more important than my health.

I'm working hard for myself and for my family.

List some affirmation ideas of your own:



Affirmations are just one step on the way to changing
your habits and changing your life.

If you'd like more help or more ideas,
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