

[The Importance Of Practicing A Daily Positive Affirmation](#)

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I stressed a lot on the word ‘daily’ in my previous post and am therefore reaffirming the same here again. Do you remember, how I mentioned the need to consistently practicing positive affirmations and thoughts in your mind? Daily positive affirmations create a day full of sunshine and an optimistic life. Your subconscious mind gets charged up to do something constructive. This system has a lot of real life proofs to back its credibility and you can start practicing it to join this league.

Basically, positive affirmations refer to trivial thoughts you mutter in your head to enhance confidence and self esteem. These phrases give an individual energy, attention, vitality and sharp focus. All these make him/her more determined to overcome obstacles and became perceptive to opportunities. Forced to face a world filled with negativity and stagnant thoughts, an individual loses the inner creative zeal and often perceives negative thoughts as normal. This is where daily positive affirmations come in handy. An individual who constantly engages himself in a daily positive affirmation will not only experience ecstatic positive mental outlook towards life, but also enjoy overall psychological growth.

The factor behind a daily positive affirmation’s success is the elementary ‘cause-&-effect’ concept. For example, imagine that your brain is a printer. Whatever data you are feeding it, is the one it is printing. So, if you want to print something new, you got to feed it with some brand new thoughts. Daily positive affirmations help you to put some new data into your brain.

Techniques for practicing daily positive affirmation

You can practice your daily positive affirmation using any technique you like. The foremost requirement is that you should be

comfortable while doing it. However, there are some universal techniques to help newbies get started. Here are some methods to channelize positive energy towards you:

1. The Mirror Technique: This method involves standing in front of the mirror and repeating your chosen daily positive affirmation phrase. It is imperative that you stand upright and look straight into your eyes while the process lasts. This method is highly recommended for people with low self esteem as it helps them overlook their bodily defects and focus on the inner confidence.

2. Positive Scripts: This technique involves penning down all the optimistic desires and some positive words or phrases supplementing the former. It would be a great idea to write down these affirmations in your regular private diary. Once you are through with this process, just relax and think that the whole universe has come forward to bring your desires to life. On the contrary, write down all the negative thoughts on a piece of paper and dump it in the dust bin.

3. Meditation: Besides calming your inner self and healing emotions, meditation also helps build a positive outlook. This involves sitting quietly and searching your subconscious mind for insights, help and guidance. You can then proceed to repeat your daily positive affirmation several times. Remember, breathe normally and restrict your limb movements to a minimum.

These affirmations are highly effective that fill your body with positive energy. It would also change your way of perceiving things. So, when we talk about positive affirmations, only you can recognize realism using a new approach, choose your thoughts and create a superior future.

Undoubtedly, a persistent daily positive affirmation can bring about a complete overhaul of your personality – one that will be immediately noticed and admired by your family and co-workers

alike. Eventually, no one controls your life except you. So go ahead and take the reins in your own hands.