

# **Daily Positive Affirmation: Achieve Anything Your Heart Desires With Positive Affirmation**

<http://www.dailypositiveaffirmation.com/>

## **Resell & Redistribution Rights:**

You have the right to resell/distribute this report in any way you wish. The only condition is that you cannot modify this report in any way.

## **Disclaimer:**

This report is intended for information only and is designed to be accurate to the best of the author's knowledge. The publisher and author do not imply any results to those using the information contained herein.

---

## **What is positive affirmation?**

Positive affirmations are those encouraging words you tell yourself when you want to boost your morale or you simply want to energize yourself into doing something you desire. That little voice you talk to when you want to do something and you debate with when you have doubts is all part of positive affirmation.

Every word you say to boost your performance and thoughts is positive affirmation. By using words of encouragement to modify your views on failure you are able to instill in the subconscious mind the necessary positive changes that you need to overcome fear of failure. And by barraging the subconscious mind into believing that you can do it you are slowly washing away that old negative mindset and paving the way for a new outlook.

Affirmations can come in the form of positive statements, usually short, and which aims to challenge the negative beliefs you have about yourself. These daily affirmations are meant to replace the negative beliefs that undermine your belief in yourself.

Every person encounters negative thoughts everyday; some negative thoughts are mild and do not really produce serious effects. However, there are negative thoughts that prevent you from achieving your dreams and even from living a good life. Some negative thoughts can even affect your performance at work and even the way you deal with your relationships.

Positive affirmations lead your subconscious mind into believing the opposite of the negative thoughts that pervade your mind. It is just like brainwashing only this time, you can choose which perception to change.

Negative thoughts are the most common source of emotional baggage that causes bitterness and discontent. By using positive affirmation to change these thoughts you increase your chances of becoming successful and of leading a happy life.

## **What are the Benefits of Using Positive Affirmation?**

Affirmation can benefit not only yourself but also other people that you interact with. It relies on the principle that you can only become successful if you tell yourself "I can do that" instead of saying "I can't do that."

It also affects your energy level in a positive way. A jolly person is usually a result of a **positive mind programming**. Because of this, experts have always advised people to start their day with good and positive thoughts and words. Starting the day right would extend the vibrant feeling throughout the day and would even act as a multiplier effect to all other positive aspects in your life.

Affirmation brings to life a person's capabilities, strengths, talents, and skills. Constantly repeating the things that you are capable of doing and forgetting hesitant feelings that usually hinder you from pursuing a particular goal can help a lot in achieving a positive result. A light outlook, a smiling face, and a worry-free aura are usually the characteristics of very successful people. The principle of affirmation leans on the basic tenets that the mind is just so powerful and what it says is usually followed and miraculously attained by the body.

Others also believe that affirmation carries with it some mysterious effects that no intellectual being has ever successfully explained. Experts simply claim that it can easily penetrate a person's subconscious, thus affecting his actions, behavior, and attitude.

Knowing what you want, your goals, dreams, and ambitions is the first requirement when you're on the starting road to success. Affirmations must directly come from you and not from other people for it to become effective.

A person's will is so powerful that it must be nurtured by constant repetition of positive self-talk. It serves as the engine for the human body to move and move faster. The lack of it would deprive you the chance to move forward from the first level of personal growth. Always remember that any form of development would require a clear affirmation of your goal and vision.

To get the most benefit, you must use affirmations that are in the present tense. A statement in the present tense is more effective than a statement in future tense because the element of time is an important factor that can affect your behavior.

## **How Do I Use Positive Affirmation?**

Positive affirmation is a product of positive repetition. A person unknowingly creates positive affirmation when he or she learns to repeat positive words, actions, character,

behavior, and attitude until it gets into the system. It is a person's awareness of his or her thoughts, moves, and words everyday. Once a person can perfectly inject and integrate the things he or she wishes to do into action, then that person has learned to apply and make use of positive affirmation.

The best way to use it is to start with a serious reflection of what you wish to do or to become, most especially the specific areas you wish to improve on. You may be too occupied with life's comforts and threats that your thoughts might have been juggled up a bit resulting to your being undecided of which path to take. Enough time is needed for self-reflection and meditation to really figure out what the heart longs to do.

Using positive affirmation entails you to delve less on the negative aspects. Instead of thinking what you cannot do and blaming others or yourself for not having done it, it would be best to simply focus on the positive light by thinking about what you can do.

The creation of your affirmation is not done by anybody else but by yourself. From the word "affirm", it means the self creates, applies, and preserves a certain idea or thought to one's being.

One way of using it is by constantly reminding yourself about the positive things that you ought to do. Experts suggest that there is no better way to remind yourself about what you can do than by talking to yourself in front of the mirror. The most absorbed messages are those that passed through the eyes. People who talk to you straight in the eye are said to be leaving the most effective messages. It means that you tend to become more receptive if you talk to yourself once in a while and remind yourself about what your heart is longing for. Looking at yourself in the mirror can actually help you magnify the significance of the message which the subconscious mind absorbs.

Another way of using it is by saying it with passion. What comes out of the mouth is deemed powerful as it usually comes as a result of various brain processes as well as a burning desire from the heart. Keeping positive affirmations to yourself is good but it is best when it is put into words and shared with others. Passionate speakers have influenced so many people. If you are passionate enough about what you say to yourself then in due time, you would also benefit from your affirmations.

You can also use affirmation by writing them down or jotting down some important positive reminders that you can have access anytime of the day. What the eyes can see is always a good reminder to the brain and the heart as well. Writing it down not just once but several times, like 20 times, can make the affirmation more effective.

## **Key Principles for Using Affirmation Effectively**

Positive affirmations may be a powerful tool in changing your life but you need to follow the key principles to make it more effective and to maximize its benefits.

The first principle that you should bear in mind is to write the affirmation in a positive term. In order for you to achieve the most favorable effect, it is best to get rid of

negative terms like “not”, “no”, “can’t”, “won’t”, and others. The statement must be in itself positive in order for it to yield positive results.

Affirmation must take the present tense form as it would influence the urgency of achieving the action or reaction being sought. Thinking in present tense will push you to act on it now and not tomorrow or time in the future. This is a vital component in stressing the need for the urgency of the desired result.

Another key principle is brevity. Experts agree that an affirmation statement must be short and specific to be effective. The mind can easily absorb ideas that are easy to say and short in form. Thus, shorter positive affirmation will have a greater impact at the subconscious level than statements which are lengthy and very wordy.

Positive affirmation must be uttered and thought of repeatedly. Studies claim that repetition imprints the affirmations into a person’s subconscious mind, hence supporting the belief that ideas or statements that have been stored into one’s unconscious or subconscious processes can easily affect your behavior. This principle is a result of a study made and supported by Sigmund Freud who became the founder of psychoanalysis. Thus, advocates of affirmation bank on the power of the subconscious as well as the power of repetition to change a person’s mindset.

Studies also link the significance of repetition to the principle of auto-suggestion, the process whereby a person trains the unconscious mind into believing something. This is done through mental association keeping a particular goal in mind. It is different from brainwashing since the origin of that particular thought or suggestion specifically comes from the individual and not from any other person. The effects of auto-suggestion can be hastened by an active mental visualization of the particular thing or action that that you want to realize.

Another key principle is the involvement of emotions. Becoming passionate about a particular goal in mind is so powerful that it can actually be the tool which will help you realize your aspirations.

Believing in your affirmation can also influence the effects that it will have in your subconscious. If you do not have a strong belief that you can achieve a particular affirmation, then you would have a hard time finding the perfect ingredient for goal realization. Having a clear objective, believing in it, and feeling confident and capable in achieving it are enough for you to keep the energy level high. A sustained energy level will help you achieve what you wish for. The intensity of the effects of affirmation is all the more heightened if you believe that it is real.

## **Guidelines for Developing Good Affirmation**

In order to affect the subconscious, affirmations should follow these guidelines.

### **Present form**

The first thing to remember is that it must be in the present form. As long as you desire a particular action to achieve a particular goal, then there will always be a need to influence your subconscious mind. And if you want to make your affirmation effective, there is no better time to start and start influencing the subconscious through your positive affirmation than "now".

### **Belief that the desire is already a reality**

Another tip to developing good affirmation is a belief that what you aim for and what you wish to do is something that has already been accomplished. Experts believe that people saying "I am becoming happy" is more effective as this conveys the message that you are already seeing the positive results of your affirmations.

### **Positive**

The affirmation must be positive and veers away from any negative note. Creating an affirmation with the words "I am safe" is believed to be more effective than saying the words "I am not scared". The presence of the negative word "not" may affect your attitude and behavior negatively. Thus, that there is no better way to use a positive affirmation by staying positive all the time. It is also believed that the word "scared" may grab your attention more and make you think about the negative thought of not being safe often.

### **Everyday language**

It is best to come up with a positive affirmation that fits your language style. It means that you must draft an affirmation that uses common words or terms characteristic of the language that you normally use. One important element of positive affirmation is repetition. One cannot repeat a statement which is not common or easy to utter. Instead of including difficult words, it is best for you to keep your affirmation simple and brief so that it is easily absorbed by the subconscious. Difficult words may be pleasant and attractive to hear but the very purpose of a good affirmation is not to impress anyone but rather to help you easily utter it, remember it, and practice it everyday. An action is expected to be the end-point of a positive affirmation. A simple understanding and verbalization of the affirmation would lead to the desired action.

### **Avoid using too many words**

The affirmation must consist of simple words and it must be phrased simply. A complicated phrasing would make it difficult for you to utter the affirmation repetitively. The principle lies on the basic tenet that the subconscious mind must be exposed to the repeated affirmation so that this portion of the mind will be a venue from which the desire will come from.

Your affirmation must be specific and shows the exact action reaction you are aiming to achieve. It may convey a particular feeling that you want to feel, like a longing to feel happy, or to feel energetic, active, or feel in love. It may also be in the form of a specific

action like your desire to pass an examination, find the right person, or it can even be as simple as reaching a certain destination safely.

## **What are the Types of Affirmations I can Use?**

There are many types of affirmations that you can use to achieve any particular desire. The use of any of these types can bring powerful changes in your life. You may choose a particular type of affirmation to work on every week but it is suggested not to jump on another type of affirmation unless you have already experienced the result of the previous affirmation.

The first type is the **Releasing or Cleansing Affirmation**. This type is used by people who want to get rid of negative stuff in their life. A person can encounter lots of bad experiences that may not easily be forgotten. These experiences negatively affect a person's well-being, behavior, and attitude. Releasing affirmations help people get rid of excess baggage or unwanted stories and experiences. Getting rid of those would free the person from the barriers of growth and healthy living. Thinking and uttering these affirmations is believed to be effective in releasing the negative toxins that stay in one's body or system. The system must then be purified.

Some of these affirmations include "I release resistance", or "I let go of the old experiences that my body no longer needs" or "I let go of the bad stories that makes me weak in dealing with life."

Another type is the **Accepting Affirmation**. This is often used by people who have a hard time accepting certain facts or realities in their life. Instead of keeping bad energy and vibes in your system, you can use this type of affirmation to enable you to accept and whole-heartedly receive the goodness of the world. It will also help you recognize that the world offers goodness, contrary to some negative perceptions claiming that the world is just so dirty it cannot provide everyone with goodness. Some of the examples of this kind of affirmations are "I allow abundance to flow through me" or "I accept peace and joy in all aspects of my life."

The third type of affirmation is the **Intending Affirmation** which will enable you to focus on your specific purpose or goal in life. This is also believed to be the basic type of affirmation that can lead to all kinds of actions or results. This is also a good basis to push for all the other dreams, or ambitions in life. You may have an affirmation that says "I live my mission" or "My intention is to love". These are powerful affirmations that will encourage you to exert your best efforts in realizing your ultimate purpose as well as all the other small ambitions you may have.

The fourth type is the **Claiming Affirmation** which can help you concentrate your energy, efforts, and actions to a particular move or goal to hasten its realization. This is one type of affirmation that relies so much on the power of the mind and heart as they release the power of claiming or acting with a particular goal in mind. It is empowering yourself with enough belief, confidence, and trust that no one can ever prevent you from reaching your goal or purpose. Some of the examples of this type of affirmation include

"I am powerful", or "I face the world with high intention and purposeful awareness", or "I make every act and act of love."

## Why positive affirmation works

Have you tried psyching yourself up to getting that to-die-for contract that your boss wanted so badly? Or how about talking to yourself repeatedly and telling yourself that you can pass that difficult exam? If you have tried any of these then you, like most people around, have made use of positive affirmation to train your subconscious mind into believing that you can do whatever it is you want to achieve.

Some people are not fully aware that positive affirmation works. Unknowingly, they are already practicing it in their daily life and are already repeating their daily affirmation to help set their minds into achieving what they want to accomplish.

But does affirmation really work? The answer is a definite yes and this can be attested to by people who have been previously afraid to try new grounds and yet they are now the masters of their fates. These people were once unsure of themselves and their capabilities and yet they were able to overcome their inhibitions and perceived limitations.

Affirmation works because the words that are being repeated do not only convince the subconscious mind of what you can do but it helps you focus your mind on a certain goal or objective. The repeated words serve as a hypnosis tool that helps a person visualize the object of his want. It programs you into thinking, talking and doing the very thing which you want to achieve or to happen. By repeating your positive affirmation regularly you start to breathe and live what you wish for until it becomes real.

Do not however expect affirmation to create miracles for you in one day. While some affirmations work fast, others take time to become realized depending on a lot of factors including your mindset.

If you are bent on making it work for you, avoid negative thought because it combats the effects of positive affirmation. By focusing on positive thoughts you make way for the realization of positive affirmation. Believing in affirmation alone is the first step to making them come true.

## Tools for using affirmations effectively

In order to maximize the potential of affirmations, using the correct techniques and tools can help you achieve your goals sooner. There are certain tools you can use to allow positive affirmation to really sink in to the subconscious mind, and one of such tools is the **subliminal message software**.

Recall that affirmations influence the subconscious mind into thinking what you want to believe. It is the principle of repetition that makes affirmation so potent in changing your mindset. Hence, affirmation is at its most effective when you have a tool to

automatically bombard your subconscious with positive messages, one that sends the subliminal messages to the subconscious directly, bypassing the conscious mind.

What was your reaction the last time when you were asked to do certain things which you have never attempted before? Your initial reaction, as dictated by your conscious mind, will be "that's impossible!" Quite understandable because the conscious mind has a tendency to be critical. At the same time, the conscious mind fears the unknown, and every new challenge is faced with trepidation. But with a powerful affirmation tool that can train the subconscious mind, achieving what you set out to do is half the battle won.

## **Conclusion**

Author Claude M. Bristol said it nicely when he claimed: "It's the repetition of AFFIRMATIONS that leads to belief. And once that belief becomes a deep conviction, things begin to happen."

Affirmation is the most powerful "Thought" technique today. It works, and many successful people have used positive affirmations to get to where they are today.

Start using positive affirmations today and you will experience improvements in all aspects of your life.

Go forth and achieve anything your heart desires!

**~ ~ ~ END ~ ~ ~**

You can take the power of affirmations to the highest level with a simple software tool to easily and automatically send Positive Subliminal Messages to your subconscious. [Click Here](#) for more information.

Find out how you can use affirmations to achieve anything your heart desires, whether its health, relationship, wealth, better sex, weight loss, or more. [Click Here](#) for this FREE Newsletter.

Refer your friends to our site and get a FREE copy of our Motivational Quote eBook!

## **101 Motivation Quotes: Your Daily Dose of Motivation**

**Get This FREE Copy NOW!**  
[Click Here!](#)