

Affirmations Do they really work?

One of the first steps to developing any talent, characteristic or goal is to embed it in the subconscious. One technique for doing this is called affirmations or declarations. To use this technique write a statement in the present tense that declares that you already possess the quality or object you are attempting to develop or acquire. For example; the affirmation of reaching the goal of becoming a Registered Nurse may read something like this: "I am a competent, caring RN." It may also read: "I have my Master's degree in Nursing". Or, "I am a successful RN." Whatever the affirmation, it must be a positive statement, made in the present tense with no negatives.

Positive affirmations must be a statement "affirming" something. However you state it, you must write it in a positive, affirming manner such that your mind or subconscious processes a thought and an emotion that you are dedicated to becoming a better version of yourself. This process is enhanced if you say your affirmations out loud and then take a few seconds to visualize yourself in that setting. For example, "I am a competent, caring RN" visualization would be seeing yourself, as you close your eyes, taking care of patients and while performing your duties, the words you speak and the actions you take are those of confidence and competence. If you are hearing this for the first time, it may seem a little strange, but I personally think it is better to do something a little weird and be successful than to be cool and wonder why things aren't better in your life. Also let me add that when you write down your affirmations, don't use statements such as "I won't be an incompetent nurse anymore" or "I will stop procrastinating." Our brains are wonderful things, but when we insert a negative into any thought, unfortunately more often than not, our focus becomes that single negative which completely over shadows the positive aspect.

If we consistently do something for at least 30 days it will most likely become a habit. I encourage you to say your affirmations out loud every day for the next 30 days. Make it a part of your daily routine just like brushing your teeth. In fact I recommend that you make it a daily ritual to repeat all your affirmations on a daily basis for the rest of your life. Sure, there will be days when you forget or it will not be convenient, but for the most part, try to

perform your affirmations everyday. When you repeat these affirmations, do so with a sincere heart and a true belief in yourself and your abilities. Thought or habit always precedes the action and when you have engrained this commitment to your subconscious it becomes who you are.

Sally Shields, a free-lance jazz musician was teaching and performing around the world. When she decided to have children she didn't want to travel extensively and be out for all hours of the night so she had to come up with a way to earn money without all the travel. She didn't just want to stay home and raise the kids by working a 9-5pm job to earn money; she wanted to come up with a million dollar idea so she decided to write a book entitled, "The Daughter-In-Law Rules". Her book lays out 101 simple and witty strategies to aid wives of all ages in mastering every element of mother in law relationships from the decorum of housekeeping to the delicate world of child rearing. Whether you're at the beginning of your marriage or you've spent years trying to make peace with your mother-in-law, The Daughter-in-Law Rules provides a revolutionary set of strategies, making copasetic coexistence possible at last!

For Sally it wasn't enough to just write the book, she wanted to be the #1 Amazon.com best selling author. She wrote down some affirmations that she would cite over and over, day after day, one of which was "I am a #1 Amazon.com bestselling author!" Her affirmation is specific and by making it specific, it can easily be visualized. In this example, imagine if this was your goal and your affirmation was the same as hers. You might imagine yourself as you say the affirmation, that you have received confirmation from Amazon.com that your book reached the #1 Best Selling list, a visual of that notation on your website announcing you as the #1 Best Selling author and seeing yourself sitting next to a radio host discussing your success.

She taught herself how to self-publish the book and took courses on ways to market it to become the #1 seller. People told her it would be difficult to reach the #1 position, so why spend the money on courses when the results would not be what she hoped for. But when she heard such comments, or when faced with the challenges of publishing, she kept affirming to herself, "I am a #1 Amazon.com bestselling author!" Because of her persistence, hard work and believing that she would be a #1 bestselling author and affirming that numerous times over and over until she reached that status, Sally Shields became a #1 Best Selling Author on Amazon.com. Soon after, she was featured in Star Magazine, appeared on the nationally

syndicated show “The Daily Buzz,” endorsed by Dr. Laura Schlessinger and was featured on Martha Stewart’s “Whole Living Radio” show as a wedding expert.

My personal experiences with positive affirmations are like Sally Shields. It works! That doesn’t mean what you affirm will necessarily happen right at the moment, in fact, it most likely will not. Affirmations must be imbedded into your subconscious and while you are working toward a goal or a characteristic and saying your affirmations out loud each day, the universe is working on bringing people and events together to help you achieve them when you are ready for it. But you must also take the steps necessary to accomplish a goal. It is not enough to say, “I live in a million dollar home” and never take the steps in your career to get there. Much of what I have accomplished in the last several years is directly related to saying my affirmations and writing my goals down. With these tools you can truly become unstoppable, realize your dreams and climb your pink ladder.

Sally Shield’s book can be purchased from the Pink Ladders Book Store on the Pink Ladders website.