



KAREN B. FORD

AFFIRMATION

By: Karen B. Ford

“You will never attain what you do not “see” yourself doing!”

Goals are the stepping-stones to the outcome you desire. As you strive to reach your goals, and continue your success journey to reach new levels of achievement, and develop new skill levels, the tool that can change your thinking, your attitude, and finally your behavior is your affirmation tool.

Affirmation is the act of expressing your belief in the truth of a particular statement, or mental picture. An affirmation is merely a positive declaration of something you believe to be true, or something you expect to become true - - a truth you believe (or want to believe) and desire to live by.

As you grow personally you will find affirmation can become almost an automatic process, or a natural part of your day. In the beginning, it is much like anything else you discipline yourself to do, you must work at forming the habit of affirmation.

There are two areas to affirm each day:

- 1. Yourself – The person that you are becoming. Affirming that you are in process.***
- 2. Your goals – Spaced repetition, both audio and visually is vital. Mental pictures are not sufficient; you must actually look at a picture, or statement and repeat often.***

Affirmations are fun. One of the reasons for setting a goal, preparing an action plan, and growing to reach those goals is to enjoy the benefits and rewards that

result from the achievement. Hard work and persistent effort are not enough. Affirmations allow you to taste the enjoyment of these rewards in advance of the actual completion. Have fun and dream big.

You will need these affirmation tools:

1. **Visual affirmation** is looking at a picture of something you desire. You then find yourself automatically taking the actions necessary to acquire what you want.

The photo section is for you to develop your visual affirmation pictures. Fill it and review it at least 9 times a day. Make duplicate copies of your most immediate goals and post them where you will see them often.

2. **Statement affirmation**. These are condensed statements clearly written of ideas and attitudes by which you wish to direct your life. Statements that you write down and read and repeat several times a day. When you begin to form this habit, using the word “I” (first person) using specific positive statements about your self and what you desire, you will begin to affect your attitudes and finally your behavior. You will then begin to attract to you what you desire.
3. **Music Affirmation** - - Music triggers a powerful emotional response. It is critical that the music affirmation apply to your specific area of concentration. Listening to this repetitively affects your whole mental attitude. You will find it useful to control doubts, affirm attitudes and passion, establish new thinking, and modify negative feelings. The purpose of music affirmation is to incorporate new patterns of thinking and behaviors into your daily life.

Music affirmation can help you enjoy the moment, overcome fears, become more productive, and stay on the right path without doubting your decisions. Music affirmation tames the “head / heart” conflict that may be taking place at any given moment. Enjoy!

The Outcome –Using affirmations can become a habit just like any other habit. As you gain skill in the practice, you will find that affirmation is food for the soul. It’s powerful not in **changing your mind - - but, in changing your thinking.**



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