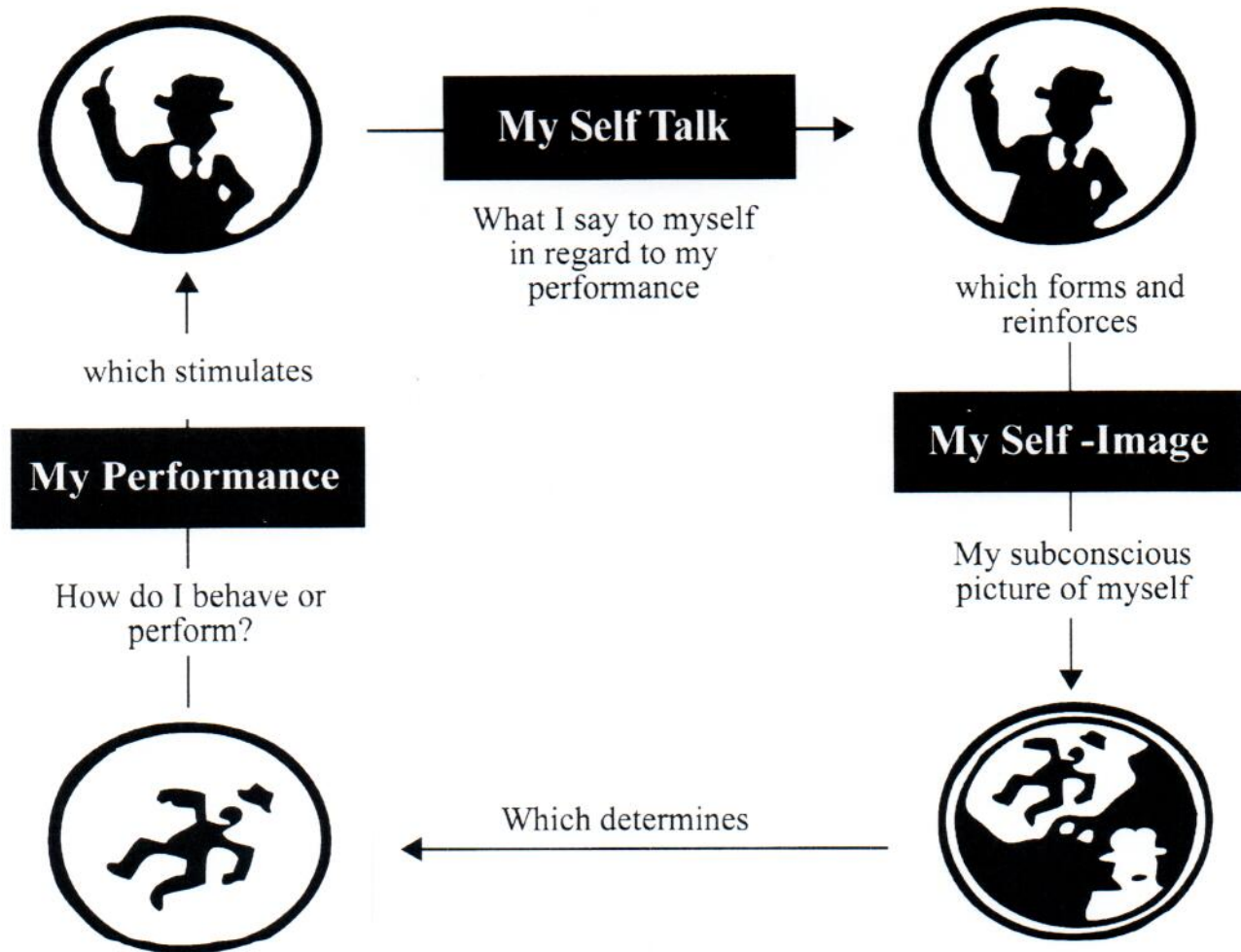


HOW TO BREAK THE ENDLESS LOOP



To break the endless loop, you need to either:

- a. change your self-talk
- b. change your self-image, or
- c. change your behavior.

Changing all three will accelerate the desired performance change.

GUIDELINES FOR AFFIRMATIONS THAT WORK

Affirmations will help you change your mindset, open up the doors to greater perception and increase your motivation to take action toward your goals. An affirmation is a statement with a thought picture that says you already have your goal.

1. AFFIRMATIONS START WITH THE WORDS "I AM. . ."
2. AFFIRMATIONS ARE POSITIVE. NEVER USE THE WORD "NOT" IN AN AFFIRMATION.
 WRONG: I am not afraid of job interviews.
 RIGHT: I am happily and calmly answering every question in my job interviews.
3. AFFIRMATIONS ARE STATED IN THE PRESENT TENSE: SAY IT AS IF IT IS HAPPENING NOW.
4. AFFIRMATIONS ARE SHORT. KEEP THEM BRIEF.
5. AFFIRMATIONS ARE SPECIFIC.
 WRONG: I am driving a new car.
 RIGHT: I am driving a new blue Lexus LS460.
6. AFFIRMATIONS NEED WORDS THAT ARE PRESENT TENSE (AN ACTION VERB).
 - I am **driving** a new blue Lexus LS460.
 - I am **teaching** kindergarten.
7. AFFIRMATIONS HAVE A FEELING WORD IN THEM: HAPPILY, PROUDLY, THRILLED, EXCITED, EXHILARATED, PEACEFULLY, CALMLY, GRATEFULLY OR AN ACTION VERB THAT EXPRESS FEELINGS SUCH AS ENJOYING, ADORING OR FEELING GREAT.
 - I am **happily** driving my new blue Lexus LS460.
 - I am **enjoying** teaching kindergarten.
8. AFFIRMATIONS ARE ABOUT YOURSELF: ALL OF YOUR AFFIRMATIONS SHOULD BE TO CHANGE YOUR OWN BEHAVIOR, NOT THE BEHAVIOR OF SOMEONE ELSE.
 WRONG: Johnny's keeping his room clean.
 RIGHT: I am calmly and effectively communicating with (or teaching) Johnny about keeping his room clean.

HOW TO USE AFFIRMATIONS

1. Repeat your affirmations 3 times per day. The best times are first thing in the morning, in the middle of the day for course correction, and around bedtime.
2. It is better to work consistently and in depth with a few affirmations than to *occasionally* repeat a lot of them.
3. If you are in a private place, read each affirmation out loud. If not, read it silently to yourself.
4. Close your eyes and visualize yourself experiencing what the affirmation describes. See the scene as you would see it if you were looking out at it through your eyes, as if it were happening around you.
5. Hear any sounds you might hear when you successfully achieve what your affirmation describes. Include other important people in your life congratulating you and telling you how pleased they are with your success.
6. Feel the feelings that you will feel when you achieve this success: **the stronger the feelings, the more powerful the process becomes.** (If you have difficulty creating the feelings, you can affirm, "I am enjoying creating powerful feelings in my effective work with affirmations.")
7. Say your affirmation again, and then repeat this process with the next affirmation.

OTHER WAYS TO USE AFFIRMATIONS

1. Post 3x5 cards with your affirmations on them around your house.
2. Post pictures of the things you want around your house or room. You can put a picture of yourself in the picture.
3. Repeat your affirmations during "wasted time" such as waiting in line, exercising and driving. You can repeat them silently or out loud.
4. Record your affirmations and listen to them while you work, drive or fall asleep.
5. Written Affirmations.
6. Make an affirmation for each of your goals and place them on a 3 x 5 index card. Go through the set saying them and visualizing them twice a day. You could also print these on a piece of paper and laminate it.

MY AFFIRMATIONS

GUIDELINES

- | | | | |
|------------------------|------------------|------------------|-----------------|
| 1. Starts with I am... | 3. Present tense | 5. Specific " | 7. Feeling word |
| 2. Positive | 4. Brief | 6. "...ing" verb | 8. Personal |

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.

15.

SAMPLE AFFIRMATIONS

ACTION AFFIRMATIONS

1. I am joyfully speaking up in meetings.
2. I am feeling great with everything I do.
3. I am happily loving myself just the way I am
4. I am enjoying total success in all that I do.
5. I am calmly trusting myself and going for my dream.
6. I am calmly remembering that the more I love myself, the more love I have to give others.
7. I am easily carrying out all of my responsibilities.
8. I am earning money more easily and quickly every day.
9. I am enjoying doing my best work.
10. I am finding all the strength and energy to do whatever I want.

GOAL AFFIRMATIONS

1. I am calmly and enthusiastically answering all the questions during my meeting.
2. I am joyfully making \$104,000 a year as a successful agent.
3. I am happily looking at my first month's income of \$16,000 from my highly successful house cleaning service
4. I am happily operating my own Mac truck business carrying fruits and vegetables to Sacramento.
5. I am proudly accepting my diploma from Stanford University.
6. I am proudly accepting the trophy for winning my first Triathlon.
7. I am excitedly opening the doors of my own car dealership.
8. I am joyfully looking at my 185 pound body in the mirror.
9. I am happily accepting my job as director of sales.
10. I am proudly standing in the doorway of my very own ranch.