



The Power of Affirmations

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Why Use Affirmations?

Mindset is *EVERYTHING*, when you use positive affirmations on a regular basis you can literally reframe your mind and dissolve your connections to your limiting beliefs and create plus reinforce new connections that are growth oriented. When we are trying to reach our goals we want to continuously be working towards those goals and affirming allows us to do that consciously and on the subconscious level.

Say in the past you felt as if you were not a good cook, if cooking and enjoying the process was something you wanted to change in your life we would set that as your goal and craft an affirmation around that to dissolve your past limiting belief and create a new connection or narrative in your mind about cooking and then we would consistently use our affirmations so that we are reinforcing this new belief creating a new neurosynaptic pathway in your brain. This means when the subject of cooking comes up instead of our mind going right to “I’m not a good cook” instead it will travel the new pathway with that new positive connection you have created around the subject of cooking!

Below I will craft an affirmation with you so you can see how we structure them successfully to get results, believe it or not there is a science to it and although any positive affirmation is a great start in the right direction having a carefully crafted one is so much more powerful and effective.

Affirmation Structure

I found that *The Miracle Morning*, By Hal Elrod has the best way of structuring our affirmations so that they actually work. The key is *what, why, which, and when*. Remember when answering these questions it is important that you are honest with yourself and you're capable of committing to the actions.

What result do you want?

Why is it important to you?

Which actions will you be taking?

When are you committed to taking those actions?

So using our example from above, if you wanted to change your limiting belief that you are not a good cook we would want to change our thought process and work towards being comfortable and happy in the kitchen, this is the result we want.

Why do we want this result? Well maybe you're a mother and you have to cook for your family and you want to bring your family together to share a healthy meal and connect with each other, that would be a great reason why you would want to change your limiting belief.

Which actions you are going to take to change this is maybe you join a weekly cooking class or to make it even more simple maybe you start with committing to trying 1 new recipe each and every week. Maybe you also make cooking more enjoyable by cleaning up your cooking space, starting new traditions like playing music while you cook or having your family members cook alongside you, giving everyone a task so that you can all spend time together and contribute. This may not work for you but think about what will find ways of making difficult or stressful tasks more enjoyable.

When are you committing to taking the actions of your choice? So for this example I had mentioned 1x weekly a new recipe will be cooked, now we would pick a specific day so if you have no commitments on Tuesday nights or whichever night of the week that fits your schedule then you select that night. Now as you gain confidence you would be able to increase this number and so on. Your affirmations should change as you experience growth so that you're continuously moving forward.

Example Affirmation:

I am committed to gaining confidence and experiencing joy while cooking healthy meals that nourish my family and bring us together by trying a new recipe every Tuesday and attending weekly cooking classes on Thursdays so that I learn how to be a great cook.

Affirmation Don'ts

- They must be positive so make sure you are choosing your words wisely.
- They need to be believable and obtainable, you can't affirm things that are just not possible.
- You must be passionate about what you're affirming, if you don't really want the change it most likely isn't going to happen.
- You **MUST** have an action step and committed time to execute the actions, this really makes a difference between the effectiveness of your affirmation.

Emotion and Body Language

Take it a step further when saying them out loud with emotion and even pairing them with a movement. Make the **PHYSICAL** connection between your mind and body. This will further the synaptic pathways when your neurons are firing in your brain creating and strengthening your new **EMPOWERING GROWTH ORIENTED BELIEFS**.

What body language or movement could you make while focusing on your affirmation art or vision board? (Examples: Power pose/superman pose (as shown in the example, raise your hands in the air like you're cheering, pull in your elbow as if you're saying "yes!", jump up and down or dance.) By using your body to reinforce your new thought patterns as I said above you're creating stronger connections that link in your brain making receiving and **BELIEVING** much easier, giving you faster results!

Consistency is KEY

Repeat your affirmations consistently. This means repeating them often and over a long period of time.

- Write them down and post them somewhere visible in your home (like your bathroom or mirror where you get ready every morning).
- Program an alarm to remind you to look at them at specific times of day.
- Habit stack, if you have a morning coffee every day why not pair your affirmations with this habit making staying consistent *EASY*.
- Keep a copy of them in your phone or wallet to pull out when you have a spare moment or in need of a *BOOST*.
- Commit to reviewing or looking at them daily for 30 days or more.
- Reassess them regularly so that as you grow they are growing and raising the bar along with you!

Where will you put your affirmations?

When will you look at them?

Write your affirmations below:



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