

Affirmations

Write and then read your affirmations daily. Write and then read your goals daily. Create a vision board with your intentions and then view it daily.

There are many ways of working with and using affirmations. Some consider them goals, some consider them intentions, and some consider them visualizations. Some think of them as all three things combined into one.

Our subconscious believes what we tell it and repeat to it. Our subconscious takes our direction and makes those things happen. That is why we need to be positive, to think, act, and be what we want to be. If we say something but do not believe it our subconscious will not believe it either.

Affirmations keep us focused on our goals and intentions.

So, be sure to have your goals written along with positive affirmations. Putting something in writing makes it real as does reading and reviewing it on a daily basis.

No, it is not just about money. It is about what you want in life, what you want to be, what you want to accomplish, and what you want to acquire.

Some samples might be:

I am 183 pounds

"I am a doctor"

"I am a published author"

"I have a 50ft sailboat"

"I live on the water in a house that looks like X I am a graduate of X school"

"I am married to a wonderful supportive spouse"

"I earn \$X dollars annually"

"I am the CEO of X company"

This is your life to live and to create the life you want. If you want it then focus on it and use the tool" "available to obtain it. The subconscious is our most powerful tool. We need to instruct it with clear instructions, such as affirmations, intentions, and visualizations. Then the subconscious will create it for us. The problem is when we try to control it. The subconscious is responsible for our bodily functions to keep us alive. The subconscious does our breathing, processing food, and our motor coordination. We not only think about picking our arm up and the subconscious directs the muscles to make it happen.

When we think about the power of the subconscious and what it does for us we realize how powerful it. Affirmations use the subconscious to create the life we design for ourselves. If we allow negative thoughts we will reap the results of those thoughts.

Our subconscious is like a field in which we plant our desires. If we allow weeds to grow that is what we "will get. If we focus on our goals and intentions then the subconscious will produce the results we desire.

It is that simple. Why not try affirmations? What do you have to lose? You have nothing to lose and everything to gain.