

AFFIRMATIONS THERAPY PRINCIPLES

- 1) In our present lifetime, we grow, develop and change as we keep on examining our beliefs one at a time !

- 2) It is easier to work with one belief for one week until it becomes our life lesson !

- 3) Reading, writing, colouring, recording, imagining, declaring, visualizing and finally praying about our belief to our guardian angel clears obstacles with much more speed and it becomes easier to work on ourselves !

- 4) To achieve more faster results, we can choose to experiment with different energy tools, vibrational processes and transformative activities !

- 5) And finally for today, handling the moment of truth (Threshold = Growth point = Tipping point) determines whether you evolve to the next higher levels or you stay the same !

BASIC GUIDELINES FOR AFFIRMATIONS THERAPY

(1) Always concentrate on what you require and avoid focussing your attention on what you do not want or require in any aspect of your life

(2) In all daily conversations, replace the following words immediately.

I want = I choose / I require

I need = I require / I accept

(3) Begin most of your affirmations with I AM.

(4) Become very very clear and specific and precise in your talks about what you are looking for.

(5) For experiencing the realization of your true affirmations, respect your time because it is the most important resource.

(6) Avoid these 3 words in all your affirmations.

Not - No – Never

(7) Affirmations are always in the present tense and are meant only for the person practicing them at that moment.

7 MORNING CONFIDENCE AFFIRMATIONS

- 1) Today I (**WILL BE AT**) (**AM DOING**)my best !
- 2) I embrace my true worth and radiate confidence !
- 3) I am capable, resilient, and ready to face my day !
- 4) I believe in myself and know there are wonderful things ahead !
- 5) I am energetic, motivated, and excited about today !
- 6) Every challenge is a chance to grow and strengthen my confidence today !
- 7) I (**WILL MAKE**)(**AM MAKING**)smart choices that support my highest goodtoday!

MIDDAY CONFIDENCE BOOSTERS

- 1) I am in full control of my thoughts, feelings, and actions !

- 2) I am confident, self-assured, and capable !

- 3) My confidence is a magnet for success and rewarding experiences !

- 4) I am radiating confidence in all my communications and actions !

- 5) I am making great progress towards all of my goals !

- 6) I am carrying myself with confidence and poise !

- 7) I am centered, calm, focused, and unstoppable !

BEDTIME CONFIDENCE REFLECTIONS

- 1) I can happily reflect on today's achievements and celebrate my victories !

- 2) I am grateful for today's challenges and lessons !

- 3) I release all doubts and limitations before I sleep tonight !

- 4) I can rest easy knowing that I did my best today !

- 5) I am proud of myself and of what I accomplished today !

- 6) I look forward to tomorrow with hope, confidence, and optimism !

- 7) Tomorrow is going to be a great day !

ACQUISITION AFFIRMATIONS

- 1) I have more than enough funds in my bank account !
- 2) I have a brand-new electric car within two months !
- 3) I am living in a wonderful home of my choice !
- 4) I am becoming financially independent in this year (2024) !
- 5) I believe in the best universal timing for all of the above !

CONSTANT AFFIRMATIONS

- 1) I am an effective manager !
- 2) I have an excellent sales record !
- 3) I am a great father !
- 4) My family life is peaceful, harmonious, and fulfilling for us all !
- 5) My commute to work is perfectly uncongested, safe, and stress-free !

EMERGENCY AFFIRMATIONS

- 1) I am safe and surrounded by love **NOW** !

- 2) I am promoted at my job review **NEXT** Tuesday !

- 3) My guardian angels are helping me in this situation now !

- 4) My body is responding to this treatment immediately !

- 5) Through divine help I receive the necessary funds required for this urgent situation !