



Dear AffirmingSpirit,

Congratulations for downloading the Six Steps to Powerful Affirmations!

You can print out this PDF and begin completing the exercises on the opposite (blank) side of the paper). By the time you reach the 6<sup>th</sup> step, you have what you need to create affirmations that are unique to you. That's what makes them so much more powerful than generic affirmations, too!

May this be the first step in discovering the true power of personalized affirmations that trigger your subconscious to new beliefs!

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### **STEP ONE: Take Inventory**

Grab a piece of paper, or turn this printed paper over, and fold the paper in half (whichever way feels right to you).

On the top left side of the folded piece of paper, write: INVENTORY. Underneath that title, begin making a list of things you would like to improve in your life. List everything, no matter how big or small, list them all...even if you have \*no idea\* how to accomplish what you want to change.

There are no limits to what you can change in your experience. Keep the list with you throughout the day so you can add to it as things pop up into your mind.

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### **STEP TWO: What's Holding You Back?**

On the right side of the folded page, next to each item, write down what you believe has been holding you back from making a change up until now. List every reason...even if it is "I didn't know how to change it".

Take your time and write down whatever comes to mind. This information will prove helpful later in showing you where you have been blocking yourself unconsciously.

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### **STEP THREE: How Would You Prefer to Feel?**

Taking your paper with completed steps 1 and 2, write on another piece of paper how you would prefer to FEEL about each item that you listed for step one.

*For instance*, if you listed that you want to lose 20 lbs for step 1, you might write for step 3 that you'd prefer to feel slender, toned, confident, and happy about your body.

Remember to use feeling or emotional words that connect you to how you want PREFER to feel. Not how you currently feel or how impossible it is to feel what you prefer. Let go of "how" this will happen--just concentrate on what would feel better and how it feels.

#### **Remember: Write Emotion Words**

This is important for the process. A lot of people who are stuck will find themselves listing ACTION words instead of EMOTIONS. When asked how it feels, they will say, "Going Somewhere" or "Getting a Move On" or "Freedom".

Emotions are: Appreciative, Loving, Joyful, Happy, Content, Frustrated, Irritated, Angry, Sad, Bored, Depressed, Relief, etc. If you discover you chose mostly action words, go back and visualize yourself having what you want. Take time to really notice how it feels in your body. How does it feel? Write down those *feeling words* because you will use them later.

If you are still having trouble connecting with your emotions, then that is an important clue that you would benefit from working with a coach. A coach can help you identify what you really want, so that you can move forward toward those desires.

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### **STEP FOUR: Prioritize**

Now that you know what you want to change, and have gotten in touch with your emotions, it's time to prioritize your list.

First, review all the items you listed in your Step 1 inventory and combine similar issues into groups or categories. Then, prioritize the importance of each category.



Not sure how to prioritize? Focus on which one feels most important...make that your first priority. Of the remaining ones, focus on which of those feels most important...make that your second priority. Repeat the process until you've given all of your wishes a priority.

When you are done, take the top 3 most important issues. For this process, these are the issues you will tackle first. Once you've addressed those top 3 issues, you can come back and address the next 3 most important issues.

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#### **STEP FIVE: Ideal Scenarios**

This step is really fun for most people. Get yourself in a quiet place where you aren't likely to be disturbed for 15-20 minutes. Look at your number one issue. Close your eyes and imagine yourself living the change you are seeking.

If you wanted a new job, imagine yourself having a great job that has all the attributes you are looking for--and more!

How does it feel? Now write it out as if you are telling a good friend after things have changed (without going into detail about HOW you actually created that change). Your job is to get clear about what you really want. Leave the HOW to the Universe.

Then, do the same for the second and third prioritized item from step 4. Not only is this step fun, but often what we write is rich with the beginnings of affirmations.

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#### **STEP 6: Writing your Own Powerful Affirmations**

Affirmations are **positive** statements, written in the **present** tense, and connect you with your **passion** (emotions).

Using some of the positive scenarios from step 5 and the emotional words from step 3, begin writing positive phrases in the present tense as though you are already living the outcome you are seeking. Avoid negative words like don't, can't, won't, etc. Your sub-conscious is always listening!



### **FOR EXAMPLE:**

Step 1 issue...lose 20 pounds and tone muscles

Step 3 related emotions...happy, confident, proud

Step 5 ideal scenario...I walk tall and feel really great after losing 20 pounds. My body looks great in anything I wear!

### **New affirmations:**

*I am feeling really great, walking tall, and happy with my newly toned body!*

*I now proudly weigh --- pounds and feel so confident in everything I wear!*

### **You try...**

*I am [emotion trigger] to be [living your ideal scenario]!*

*I now [related emotion] [your ideal scenario]!*

### **REPETITION IS KEY**

Since the whole idea behind affirmations is flooding your sub-conscious mind with new beliefs, it's important to repeat your new affirmations regularly with positive energy. Say them, write them, think them!

Rote repetition or just 'going through the motions' will eventually work, but it's much FASTER (and more fun!) to repeat affirmations you enjoy, that trigger positive emotions, and put you in the feeling place of having what you desire.

You will know when you have the right affirmations because they make you giggle or smile when you say them. Who wouldn't want another reason to smile?!?

### **KEEP IN MIND**

Affirmations are never written in stone, and need to change as your consciousness grows, so continue to edit them to feel better or more focused on your outcome. In order to be most effective, affirmations must feel good when read or say them and encourage the visualization of the outcome. It is common to edit your affirmations on a regular basis to keep them feeling fresh and evoking the emotions surrounding their anticipated outcome.



**This is pretty easy and fun, isn't it!?!**

If it wasn't easy or fun, this is a clue that you need additional assistance from a coach to release negative thought patterns that are blocking you from receiving. Until those are released, your efforts could be fruitless.

This was your final lesson in the AffirmingSpirit eCourse: Six Steps to Powerful Affirmations. Now, it's time for you to take the ball and run with it. Make the commitment to your future success by saying and visualizing them regularly throughout your day. When they begin to feel old or tiresome, it's time to create new ones! Pick the times that work best for you and make that commitment to yourself and your future success.



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If you have any questions, email me: [6steps\[AT\] affirmingspirit.com](mailto:6steps@affirmingspirit.com). I am happy to answer your questions and guide you to possible solutions.

Many blessings,

Nancy Barry-Jansson

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### **Start by making a list of what is not working in your life**

This is a chance for you to get it all off your chest and out of your mind. Allow yourself to make a full list. Address your personal, professional, intellectual, financial, Physical, emotional, and spiritual life. This list will really guide you toward the next step in this process.

### **What do you believe is holding you back?**

Next to each item on the list you created (above), write what you believe is holding you back from correcting that issue. This may take a few minutes for you to get in touch with your true feelings and thoughts. Give yourself plenty of time, sit quietly and allow the answers to come to you. This is allowing your intuition to guide you.

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### **List how you would prefer to feel about each of the issues on your list**

Focus on emotional feelings, *not* how you want to *be* or *do*. This is important to the process because each of the emotions listed is your personal clue to creating powerful affirmations for you. No one else feels exactly the way you do.

### **Prioritize your list**

Mark the most important issue to resolve #1, and each successively important issue with the next lowest number until every issue has been numbered. Start with the top 3 issues, and once you have found resolution with those, you can move to issues #4 through 6, and so forth until you have addressed each one.

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### **Write your ideal scenario for each of the top three items**

This is a lot of fun! For each of your top three issues, imagine you are living the way you really want to experience it. What does it feel like? What does it look like? How does the experience change your perspective of yourself and your life? Write out the scenario, including all the emotions and feelings the come up as you imagine living it in your mind's eye.

### **Now you are ready to begin writing your affirmations!**

Using some of the positive scenarios from step 5 and the emotional words from step 3, begin writing positive phrases in the present tense as though you are already living the change you want. If you find your mind is stopping you, or feel internal discomfort, send an email to [6steps@affirmingspirit.com](mailto:6steps@affirmingspirit.com) for more information.

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