

QUIET YOUR MIND CHATTER

INSIDER TIPS FOR HAPPY THOUGHTS

Learning to think about yourself in new ways takes practice. Use these tools to make your practice easier.

WHAT IS AN AFFIRMATION?

An affirmation is a thought that you are in the process of adopting into your everyday thinking. If you are elevating your self-esteem by practicing, "I am worthy of the best this world has to offer," at first, this affirmation may feel forced and untrue. Over time, as you fake it till you make it, this truth will become a part of your belief system, drawing the best people, places, and things into your life.

HOW TO PRACTICE AFFIRMATIONS

Write affirmations

- Write an affirmation one time, three times, or ten times. Handwritten or typed.
- Fill a page with the same affirmation.
- Fill a page with your top three affirmations.

Incorporate affirmations into journaling

- Write an affirmation, then journal on the topic of your affirmation.
 - Write an affirmation that you're in the process of adopting into your everyday thinking. This could be an affirmation that you are beginning to feel comfortable with or one that causes much resistance. Next, journal about your feelings, memories, fears, hopes, and anything else that comes up when thinking about this particular affirmation.
- Journal about something that is bothering you, then choose an affirmation applicable to that issue.
 - Journal first then choose an appropriate affirmation to practice for the rest of the day, based on whatever came up in your journaling. For example, if you journaled about your latest struggle as a chronic under-earner, you could close your journal entry with *I am a magnet for divine prosperity.*

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HAPPY THOUGHTS COMING RIGHT UP!

A few minutes of practice can open a window to self-love. Let the sunshine in, my friend!

AFFIRMATIONS TO-GO

Write an affirmation on an index card

- Carry the card around all day (or for a few days)
 - Read it silently
 - Read it out loud
- At the end of your practice period, you can:
 - Thank the card for being a positive influence in your life then dispose of it in a releasing ceremony
 - Place the card into a ziploc bag, an envelope, or a box. Begin a collection of the affirmation cards that you're practicing. Periodically go through this treasure trove of truth.
 - Reading old cards can reveal areas in which you've improved or in which you need more practice. When reviewing cards, celebrate your progress by tossing cards that you no longer need to revisit. *Yay you!* For growth areas, pull out a card and practice it again for a day. At the day's end, return it to your collection and bless yourself for your perseverance.

Create an audio affirmation

- Use whichever device and app is most convenient such as Rehearsal Pro.
- Listen to the affirmation for a specified number of times, perhaps three minutes daily for three days.
- Repeat this process with a new affirmation.

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