

What types of things to choose in a Positive Affirmation

Thanks Lisa Ann Harmon

When I came into Mary Kay 10 years ago, I had a very skeptical, cynical, negative aspect of my personality. So, one of the things I worked very hard for 10 years, was learning how to change that. Let me give you a few examples different ways that you would look at positive affirmations:

1. Look at your life and the area that bugs you the most. The part of yourself you want to change the most is a great place to start. We each have an area that is going to make the difference in being able to move forward in not just your business but also your life. That's where you start with making a positive affirmation. So, if you tend to be a negative, cynical, critical person your positive affirmation might be something like is, "I have a positive outlook on life. I can't wait to get up each day and look at the wonders that God has in store for me each day. I'm a cheerful, happy, positive person and see the best in every person that I come in contact with!"

2. Let's say that your biggest challenge is overeating and you feel you need to lose weight. After I had my second child, I had a beautiful dress I really wanted to wear on stage, it was going to be my first Unit club. I got this right out of Shad Helmstetter's book, What to say when you talk to yourself. I would say, "I stop eating my I'm full." "I only eat when I'm hungry." "I love to eat fresh fruits and vegetables." "I drink 8 glasses of water a day." "I choose to only put good into my body." "My body is the temple of the Lord." "I choose healthy, nutritional things on a daily basis." I lost the weight in a matter of weeks by changing what I said to myself.

3. Let's say you have a real issue of being on the phone. You have a lot of fear of being on the phone. Then your positive affirmative might sound something like this, "I love to get on the phone." "The phone is my friend." "Everybody I talk to says YES!" "I cherish my phone time and I hurry through my day to be able to sit down and do my favorite activity scheduling appointments everyday!"

4. Maybe you are an incredibly shy person and trying to come out of your comfort zone, "I'm a confident person, I give eye contact with each person I greet with a warm, firm handshake." "I love to meet people and focus on helping other feel great about themselves."

I believe we need to tell ourselves positive messages because the more we tell ourselves, your mind does not know the difference between fact and fiction. It's going to go through with what you tell it. Take that part of your life that you would really like to work on, sit down and make some positive statements that make you feel positive about yourself.

According to Dr. John C. Maxwell when you change your thinking, you change your beliefs. When you change your beliefs, you change your expectations. When you change your expectations, you change your attitude. When you change your attitude, you change your behavior. When you change your behavior, you change your performance. It all starts with changing our thinking. Change your thinking today, by using positive affirmations!