

Inspirational Insight

The Power of Affirmation

I was speaking to a client Sue (not the real name of the client) the other day. We discussed how affective affirmations can be in assisting her to feel more confident. She was skeptical and questioned me explaining that she had been put down all her life by other people. Sue asked how an affirmation can change the fact that she now feels worthless because of the negative feedback she has received over many years.

How interesting I thought. Sue was aware that she had lost her confidence because she had listened to negative information about herself. I discussed this with Sue and explained that an affirmation works in the same way. When you are told something often enough you begin to believe it. Sue knew this to be true because she had just explained to me how she had experienced this in a negative way.

The information we listen to can have a powerful effect on how we feel and the image we have of ourselves. If we absorb a lot of negatives we begin to feel low, our self esteem is diminished. When we receive positive information we feel good, confident and happy. The great thing is that we have control over the information we give ourselves. You have choice in every situation you may not be able to change other people but you can change yourself. Choose to feed your mind with the positive stuff.

Action:-

Next time you catch your internal chatterbox saying something negative STOP! Replace the negative comment with a positive affirmation. If someone else says something negative to you use the same technique. STOP! Focus your mind on what is good for you and think: - that is not true because I am wonderful, confident, intelligent, smart, good looking or, what ever is appropriate at that moment.

Here are some affirmations you might like to try

I like myself

Every day in every way my life gets better and better.

The more I love and respect myself the more others do to.

The more I relax the more I get done

DO YOU WANT AN INSPIRED LIFE?

Caroline Hart – Life Coach