

# TRAINER'S Must-Knows

## The Quickest Start-up Guide for Using Positive Affirmations



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[Positive affirmations](#) are positive phrases which you repeat to yourself to describe how you want to be. When you first start saying your positive affirmations, they may not be true, but with repetition and consistency they sink into your subconscious mind, you really start to believe them, and eventually they become your reality. Over time they overwrite any limiting or negative beliefs you may have about yourself or about not being able to do something, and replace them with positive thoughts and beliefs which instill confidence, positivity, ambition and much more.

This guide will elaborate on how to use [positive affirmations](#) to boost your daily routine or simply how to make your sessions more powerful and effective. These are simple tips for starting, but you will find your own style as you practice.

- ✚ **Check your mood first.** How are you feeling? Emotional? Excited, calm, positive, a bit down? Physically – a little tired maybe? Relax and get started - say your affirmations slowly, breathe, relax and slowly the transformation begins. See how you feel, see how your emotions are, do you already feel positive, negative, a little tired - just take note.
- ✚ **Mornings are best**, after you wake up if possible. You will have a positive start to the day when you feel relaxed, positive and motivated about your goals and ambitions.
- ✚ **Stand tall, relax** your shoulders and take a confident standing position. Or, you can stand in front of a mirror and face yourself as you talk. Adjust your tone and posture - always stand straight and comfortably. You might find yourself feeling awkward, but with practice this will decrease as you get used to it.
- ✚ **Have your affirmations where you can see them** - written down or printed out – you might have memorized some but for a new set you need to see them.
- ✚ **Say them one by one**, in a slow, confident tone of voice– like you mean it, like you believe it, and as if it is real or has already happened.
- ✚ **Speak slowly and confidently**, take your time and don't rush your words, pronounce and comprehend each one properly and speak with feeling.
- ✚ **Be consistent** - try to establish a daily routine that you can stick to.
- ✚ **Say your affirmations twice** a day.
- ✚ **The other excellent time for positive affirmations is before going to bed.** This ensures that you have positive thoughts in your mind as you go to sleep - you are thinking about your goals and these will seep into your subconscious mind and solidify as you sleep.
- ✚ **Print them:** An extra step you can take is to write your affirmations down, or just print from our site. You can pin them up around your house - on the fridge, in your school/work/gym locker, inside your bathroom cabinet, anywhere you will often see them. This just adds a little extra reminder; you will see your affirmations throughout the day, and be reminded to stay positive and focused on your goals. When you are constantly reminded about your affirmations and goals like this, you can accelerate your results as it's not just when you are saying your affirmations that you think about them and your goals, but constantly throughout the day you encounter little reminders and as a result you are always focused and develop a complete consciousness around achieving success.

## Notes:

It can be hard to concentrate, hard to stay focused, and hard to stop your mind from wandering in the beginning, all you need to know right now is three things:

1. That this is normal - EVERYONE experiences visualization like this at first.
2. To move past this, keep practicing. Don't give up.
3. If you practice every day for just 5-10 minutes then you will see an improvement within a week, and if you keep at it then you will notice a dramatic improvement within a month.

What are you waiting for? Let's get started - this is not rocket science!

## Tips:

- Affirmations can be used in combination with visualizations to increase the effectiveness of both. By visualizing your [affirmations](#), you can make them more real in your mind. Include mental visualization, using as many of your five senses (sight, sound, smell, taste, touch) as possible.
- Attach positive emotions to your affirmations. Think about how achieving your goal will make you feel, or think about how good it feels to know that you are good at something. Emotion is the fuel, which makes affirmations more powerful.
- You could use an affirmation as a password. That way, you'll use it often - although use it for personal stuff, not highly confidential work info!
- Ask friends to give you an affirmation; for example, "Maryanne, you are eating such healthy meals. You must feel great." Self-affirmations are valuable precisely because they free you from a reliance on the approval of others, but affirmations from others can be just as beneficial as negative scripts from others are harmful.
- If you find it difficult to believe an affirmation will materialize, add "I choose to" to the affirmation. "I choose to be at my healthy weight," for example, or, "I choose to maintain a healthy weight easily and effortlessly."
- If you don't want people to know about your affirmations, just place your reminders in discreet locations. However, that it's important that *you* see them as frequently as possible.

## Warnings:

- ✚ Don't let other people be your judge. Some people see the negatives all the time and have a tendency to say things to you such as: "I don't think you will cope". Don't let them weaken your spirit, don't pay attention to them.
- ✚ Don't be discouraged if your affirmations don't seem to help at first. Instead, think about how you are using them. Do you really believe them? If you don't believe the affirmations, they can still be effective, but it will take longer. If you're tired of waiting, make sure your goals are attainable and set reasonable

expectations for when you want to attain them. Use affirmations to counteract negative scripts or to accomplish small goals, and you will eventually develop the confidence to tackle bigger issues.

- ✚ Affirmations are not a quick fix to all your problems. Do not expect a miracle, especially not overnight. It may have taken years for you to fully accept negative scripts in your self-image; it will take time to change how you feel about yourself, as well.
- ✚ If you find yourself simply parroting the words of your affirmations, instead of concentrating on their meaning, change affirmations. You can still affirm the same goals or characteristics, of course, but rephrasing your affirmations can stimulate their effectiveness.

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Good luck and wishing you a fantastic training experience!

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