



Nick Bishop Solutions

How Affirmations work

My blog of yesterday introduced **Affirmations**. These are very positive action statements, written in the present tense that create the words and pictures in your sub conscious that drive the changed behaviours that you need to achieve your Goal/s.

Consider someone afraid of the dentist...The day before the simple thought will produce the same effect as walking into the surgery...Similarly a teenager about to go on a first date will have the same butterflies the day before as when they actually meet! It's the mind reacting to our internal thoughts.

That's exactly how **Affirmations** work. They generate the pictures that trigger the emotions producing the behaviours that the affirmations relate to!



Using the objectives made yesterday, a talented athlete who is a 3hr 10 minutes marathon runner and aiming to break 3 hours at the London Marathon (given the existing performance, the GOAL is realistic), could have an affirmation like the one below.

- I am a successful athlete (PERSONAL)
- I am very talented at racing marathons (POSITIVE)
- I feel great as I run the London Marathon (PRESENT TENSE)
- I am on target to break 3 hours (ACHIEVEMENT)
- I am loving the noise of the crowds as I look at my watch (ACTION WORDS)
- I look up at the clock, its showing 2.59...I feel amazing (EXCITEMENT)
- I punch the air with joy as I cross the line (ACHIEVEMENT)

Remember, these statements must be present tense and descriptive of you achieving the end GOAL.

We are feeding our sub conscious with statements that will trigger the mechanisms involving words and visualisation to create a belief that will become our new behaviours (achievement).

Those who believe they can do something and those who believe they can't are both right.

Henry Ford