



Nick Bishop Solutions

Affirmations

Last week, I mentioned Carpe Diem, and the reference was to setting Goals and using SMART objectives. One technique that helps us to “Be the Best Version of Ourselves”, is the use of **Affirmations**...When used regularly and for 28 days, these change our way of thinking.



Remember one thing...Our “Self-talk”, is something that drives our behaviours. Words create pictures and drive our “Feelings & emotions”, but when used correctly, we can use this to drive a new and improved self-image. Remember a second thing, our sub conscious mind does not differentiate between fact or fiction, just the words, pictures and thus self-image that we choose to create.

Very Simply, **Affirmations** 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. Affirmations are written in one sentence form and use the following structure:

- ❖ They are PERSONAL
- ❖ They are POSITIVE
- ❖ They are PRESENT TENSE
- ❖ They INDICATE ACHIEVEMENT
- ❖ They are NOT COMPARATIVE
- ❖ They contain ACTION WORDS
- ❖ They are ACCURATE
- ❖ They are BALANCED
- ❖ They are REALISTIC

Affirmations have to relate to a Goal/s that we are excited about achieving. By using affirmations for two minutes both morning and evening for 28 days, and linked to visualisation and imagery, will allow the new and improved behaviour to become our norm and the Goal achieved.

The final part of how to use affirmations to come tomorrow (Thursday 29th).

“Whatever you can do, or dream, begin it. Boldness has magic, mystery and genius in it”

Goethe