

POSITIVE
AFFIRMATIONS
Cheatsheet

HOW TO MAKE POSITIVE AFFIRMATIONS WORK

Why do positive affirmations sometimes feel like lies?

The #1 mistake people make about positive affirmations is slapping them on top of their negative beliefs.

Positive affirmations work at the surface level of our conscious mind, while our beliefs live in our subconscious.

So if we believe deep down we're unworthy of success, our actions will be colored by that belief. As a result, it'll be much more difficult for us to succeed.

But it's not the end-all. We can use positive affirmations to highlight parts of us that need to be healed, so that we can live a more peaceful and fulfilling life.

*Revisit the blog article [here](#).

1. Relax in a quiet spot.

On your sofa, in an office chair or in bed, whatever you like. Make sure it's quiet enough so that you can hear yourself thinking (you'll see what I mean below).

2. Pick a positive affirmation.

Some examples are: *I love and accept myself. I'm beautiful. I'm worthy. I'm good enough. I'm confident.*

3. Say the positive affirmation.

You can say it in your mind or out loud. If you like to write, jot it down in your journal. Or say the positive affirmation while looking at yourself in a mirror.

4. Observe your thoughts.

Right after you say a positive affirmation, observe any thoughts, emotions, images or physical sensations that arise.

5. Allow your thoughts to flow.

It's no use resisting negative thoughts and emotions. If you allow them to just be, they'll eventually float away on their own.

6. Contemplate why this positive affirmation feels false.

If you picked the positive affirmation, *I'm good enough*, ask yourself, *Why do I think I'm NOT good enough?* Consider the times you felt not good enough.

7. Accept past hurts.

It hurts so much, but even more so when you hang on. Reckless sobbing and journaling are encouraged. ;)

8. Look out for signs that validate the positive affirmation.

With the example of *I'm good enough*, pay attention to big and small things: *I made a healthy breakfast and took a walk (I'm taking care of myself). I strive to do my best at work. I'm learning how to communicate better in my relationship.*

9. Enjoy how good it feels.

You've excavated parts of yourself that needed to heal and took care of your emotional wounds. Take the time to acknowledge your progress.

10. Repeat steps 3 to 9 until the positive affirmation feels true.

It's normal to cycle through the same issue a million times before you feel at peace with it. Ultimately, proving our worthiness has its limits though. It's best to accept our shadow self and live by our values.

P.S. Want some personalized help? Check out my [coaching services here](#).