



ABC's of Affirmations

Play with turning these ABC's into affirmations that capture the essence of what you desire to experience in life...

A – Accept responsibility for everything you've experienced to date in life. Your thoughts, feelings, decisions and actions have created it all.

B – Believe that since *you* are responsible for everything you experience in life that also means *you* are now capable of creating the experiences you desire.

C – Choose your thoughts deliberately. Listening to or saying affirmations is a great way to select thoughts that will produce the feelings, decisions and actions that will create the results you desire.

D – Daydream about what you desire. Talk to yourself about it (affirmations). Feel it. See it. And make sure you feel good when doing so. (*TIP: If it's frustrating, you're not thinking about what you want.*)

E – Enjoy every moment of every day while remembering that life is not a problem to be solved, but an adventure to be enjoyed and a mystery to delight in (*there's an affirmation for you!*).

F – Feed your mind thoughts and images that are consistent with what you desire to experience yourself. And if that means turning off certain shows, movies, the news and/or friends, your well being is worth it.

G – Get what you want by wanting what you get. Yes, have your dreams, acknowledge your desires, and set your goals. But keep them all as preferences. That way, you can still enjoy life until they manifest.

H – Help others. Whether they are down-and-out or just doing something you like, support them in the ways you can right now. You'll feel great while planting seeds for receiving help from others yourself.

I – Ignore thoughts that aren't consistent with what you desire to experience. Just because a thought arises in your awareness doesn't mean it's "your" thought or that "you" thought it. You don't *have* to listen.

J – Jump for joy. It's one thing to *affirm* that you feel great, and another thing to *act* like you feel great. You'll be amazed at how much lighter you instantly feel when you simply jump around a bit. Try it!

K – Keep it positive. When telling "your story" to yourself or others, edit it to be the kind of tale you'd like to experience in the days to come. Your thoughts and words determine the plot of your upcoming scenes.

L – Love yourself, others, and everything. You have an endless supply, so give it without restraint. And remember love is something you do first and feel later; something you only experience by giving it away.

M – Monitor how your body feels. If you affirm, "I'm rich," and your stomach screams, "What if I don't have enough?" that's your subconscious speaking. Make sure you listen, or all your affirming is in vain.



N – Never say never. Be open to everything life brings your way. Trust that your desires will be fulfilled, even if in a way you never imagined, or that something even better will manifest instead.

O – Open your mind. It doesn't matter how long you've lived or how much you've been labeled, you can think new thoughts, feel new emotions, make new decisions and take new actions every single day.

P – Prepare for the fulfillment of your desires. As new desires emerge in your life, as they inevitably will, choose the thoughts, feelings, decisions and actions that will make it easy for those desires to be fulfilled.

Q – Quit whatever is inconsistent with what you desire. Even if you can't quit everything all at once, start thinking about life as though you already have quit all those things, and watch for ways to make it so.

R – Reserve your judgment. Things are only "bad" or "wrong" if you think they are. And even things you think are "good" sometimes don't serve you. Stick with the facts and you're far less likely to resist life.

S – Sing your affirmations to yourself. Regardless of how well you sing, the more modes you use to expose your mind to your desired thoughts, the more thoroughly those thoughts will be adopted.

T – Trust your gut. If it's telling you "A" when your affirmations are saying "B", make sure you listen. Your gut is your subconscious, and while its thinking can change too, until it does, it will override your mind.

U – Understand that you'll forget everything on this list from time to time. Also understand that the more often you remember what's on this list, the more it will become second nature for you to think this way.

V – Value everything in your life. The more you appreciate the people and things around you, the richer you become. And the more you value your contribution in life, the more you will receive in exchange for it.

W – Wish upon a star, but only if that star is you. Tell yourself everything you would like, but only if you know that within you lies the power and intention to make your dreams come true through yourself.

X – Xenogamize. A botanical term meaning to produce unique results through cross-pollination. In other words, mix it up; think new thoughts; try new things. It promotes diversity and enhances robustness.

Y – Yell when nobody's around. It's a great way to release heavy energy from your body while creating a vacuum for the positive thoughts, feelings, decisions and actions you desire to move in.

Z – Zero in on what you desire. It's your life; fill it up with whatever and whoever you like. It doesn't matter what your family, friends or society say, it's your decision how your life unfolds. Go with your desires!