



POSITIVE
AFFIRMATIONS
for life

How Best to Use This Program

Hi there! Welcome to **Positive Affirmations for Life** audio program.

I am thrilled that you decided to invest in this audio affirmation program. I'm especially excited for you because your life is about to change for so much the better with the power of positive affirmations.

You must be anxious to get started but please read this how-to guide first before you start listening to your audio tracks.

*You become what you think and what you believe.
Your thoughts therefore create your entire reality.*

Quick Definition: What Are Positive Affirmations?

An affirmation is the act of stating something as *fact*. To affirm means to accept and to encourage a concept or thought.

Research has shown that humans have between 45,000 and 51,000 thoughts a day! That means you have on the order of 150 to 300 thoughts per minute.

The bad news is that for most of us, 80% of those thoughts are negative. Ouch! (I know this was true for me before I started using affirmations.)

The *great* news is that you can change your thoughts from negative to positive and affirmations are the simplest, most powerful and most effective tool way to do that.

Affirmations are positive present-tense first-person statements that you repeat to yourself in a mantra. Over time, the mantras become your instrument of thought.

The easiest way to form an affirmation is use the phrase "I am" such as: I am confident, I am strong, I am patient, I am worthy. I am *[insert desirable noun or adjective]*.

Affirmations state the conditions that you desire to have as though it has *already* happened. For instance, instead of saying, "I want to be in financial peace.", you would simply say "I am in financial peace."

The act of believing in the vision as though it has already happened creates the thought waves that then generate the positive reality for you.

With each affirmation, you simply speak your reality into being.

How Do Positive Affirmations Work?

Affirmations first help you become conscious of your thinking and recognize your negative thought patterns. Once you have established that, then they help you change those patterns for the better.

Using positive powerful statements that you repeat over and over cultivates the right conditions in your mind to believe a better reality for yourself.

As you repeat your affirmations on a daily or even more frequent basis, you will slowly change your current pattern of negative thoughts and replace them with powerful and strong visions of yourself.

You begin to have a higher sense of self-esteem and self-confidence about yourself and you will start to see yourself worthy of the affirmations that you repeat.

Here's an example on how you'll go through the stages of change.

In the past, when something went wrong at work or someone said something that did not match your expectation, you may have automatically resorted to negative thoughts. You may have jumped to the worst possible conclusions about yourself and about them. In all likelihood, you probably did it all without even being aware of it!

After using positive affirmations, you will begin to recognize this pattern more quickly. This process takes some time, so at first, the negative thoughts may still enter your mind, but you will be more aware of what is happening and slower to jump to the worst conclusions. As you use the positive affirmations more and more, you will naturally shift away from the negative thought pattern and have a more mature, calm and collected reaction to whatever situation life presents you.

*Life becomes easier not because of what happens to you
but because of how you react to what happens.*

As you improve your thought patterns, you reduce the power of negative thoughts on yourself and you begin to feel in more control of your life.

Everyday you wake up, ask yourself how I use my mind, which is the most powerful vessel I own, in a positive way instead of a negative way?

After you do this for a while, you will create a new default for your thought patterns, and it will be more natural for you to think positive, assertive, and happy thoughts to yourself as you go through your life.

This fresh wave of consciousness will cultivate a new reality for you, once that is grounded in positivity, gratitude and compassion. This does not mean you are giving up your desires for accomplishment and reaching your potential in life. Affirmations don't imply that you accept life as it is and never seek more. Affirmations help you overcome life's obstacles with poise and ease and position you for even more success and happiness.

Your thoughts begin to create a reality based on the affirmations that you repeat and believe.

How Best to Use the Program to Get Great Results

You will be getting multiple tracks with the audio program. Each audio track is independent and the tracks are not in any particular order so you can listen to each by itself. Each audio track is about 10 minutes long and focuses on a specific life situation so aim for listening to at least one track per day.

First, choose your track for the day and make sure you have it loaded on your computer or mobile device.

Then follow the four step simple steps below to apply the audio affirmations to your daily life:

1. **Headphone:** For best results, use headphones to listen to the affirmations.
2. **Repeat after hearing:** I say each affirmation three times and pause after each with enough time so you repeat each affirmation after me. You can repeat silently to yourself but it's even more effective to hear yourself say it loud.
3. **Mirror:** Watch yourself in a mirror if possible as you say the affirmations to yourself.
4. **10-Minutes Twice Daily:** Highly recommended to listen to a full audio track of your choice first thing in the morning and the same track again in the evening as you close out your day. Repetition helps natural memorization and internalization of the affirmations. You can start a new track after 2 or 3 days.

Remember that this process takes some time. Positive affirmations are not miracle work. They do not work overnight. You need to put in effort in order to earn the sweet rewards.

If you use these affirmations daily for a minimum 2 weeks, you will begin to experience the slight shift in your thoughts. In order to get a noticeable improvement, I recommend using this program for 28 days on a daily basis by listening to at least 10 minutes of audio per day.

After 28 days, you will be able to establish the habit of generating positive thoughts on your own and after that, you can listen to the tracks on an as-needed basis.

You will soon see that these little phrases are highly powerful and effective and you will be returning to this simple and effective tool to turn your life around for good.

What to Do If You Are Skeptical?

Simple: Do it anyway.

I was skeptical at first and so were many of the readers of [Prolific Living](#) who follow my affirmation blogs, and I am so glad that I didn't listen to my doubts. So go in with an open mind because there is nothing to lose.

It is imperative that you put your ego aside before you start this audio program. This can be humbling but isn't freeing yourself of mental struggle worth a little humility?

*The moment you start to believe that positive affirmations work, they do.
So first, believe that they will work.*

Your ego can work against you if you are even slightly skeptical even if you have the best intentions to make this audio program work for you. So make a conscious decision to leave your ego at the doorstep and enter this audio program with complete faith and trust that it is going to help you, period!

Your ego may be whispering logical-sounding statements to you in order to keep you trapped in your negativity. We call these blurts. See the examples below to see what we mean. When you hear a blurt in your mind, answer the blurt by using the affirmation in the parentheses to negate it and move on.

Blurts (and affirmations in response)

- Affirmations are too simple to work for me. (I need simple, effective solutions to my problem.)
- I sound ridiculous when I say these affirmations. (Actually, I sound confident and beautiful when I say them.)
- I am different and my situation is unique. (I am unique but my situation is not unique among 8 billion people in this world.)
- I need a more serious approach to my problems. (I need an approach that works.)
- Leave me out of your new age nonsense. (Positive affirmations are ancient and have served humanity for decades and centuries.)

By using affirmations in response to your blurts, you will prepare yourself for best results from the program. This process loosens your grip on negative thoughts and helps you approach this audio program with complete faith and love towards yourself.

Here's another way to look at it. Rather than ask yourself if positive affirmations work, ask how much damage negative affirmations create.

Negative affirmations are thoughts, statements and inner dialogue based on negativity, scarcity, insecurity, self-doubt, low self-esteem and self-worth, and the worst possible outcomes in any situation. These thought patterns can be destructive to your health, your well-being, how you function in your career and your relationships, and rob you of a great future by keeping you stuck.

Let positive affirmations free your mind of negativity and insecurity.

In my own case, I am so thankful that I decided really give affirmations a try. I started applying daily positive affirmations to my life and lo and behold, my situations *actually* improved. Living began to feel better. My problems became easier. Solutions came faster. Progress happened daily. And happiness became abundant. I want the same thing for you!

Now you are ready to dive in and start using the power of affirmations in your life. Go ahead and listen to your first audio track now.

For questions or feedback about this program, please contact: farnoosh@prolificliving.com.

About the Author

Farnoosh Brock is a published author, speaker and business coach. She's the creator and founder of Prolific Living Inc. with a mission to help you infuse positivity, confidence and passion into your daily living as you create the life you truly desire. She helps corporate professionals achieve higher levels of success in their jobs as well as enabling budding entrepreneurs to start their dream online businesses. Learn more at www.prolificliving.com

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