Using Affirmations

If you have ever looked up how to be more positive and to change your mindset about the future, you have probably read about using affirmations.

Affirmations, similar to mantras, are positive statements used to provoke a certain mindset, allowing you to improve your positivity, find more gratitude, and have more faith in your own potential and accomplishments.

This report is going to dive a little deeper into affirmations, including what the purpose is, how they can benefit you, and some different ways to use them.

**1. What are Affirmations?**

First, let’s take a look at exactly what affirmations are and what their main purpose is. An affirmation, as previously stated, is a sentence or phrase that targets a certain part of your subconscious.

They are typically positive statements that speak of gratitude, hope, faith, positivity, happiness, and courage. There are different types of affirmations used for different things, such as wanting to have faith in your abilities, improving your self-esteem and feeling of self-worth, being a more gracious person, and many other things.

The affirmations are read to yourself, or out loud, as a way to affect your subconscious mind. When you do this over and over again, you can actually change how you think, react, and behave, in a more positive and uplifting way.

**2. Benefits of Using Affirmations**

So, why would you want to use affirmations? To some people, it can seem silly just saying phrases to yourself every day, but until you start doing it, you really can’t imagine how powerful this is.

Every time you have a thought or think something, even without realizing it, you are tapping into your subconscious. You are telling yourself things, whether good or bad, and that can eventually change how you think, act, and react to people and situations in your life.

If you constantly have negative self-talk, you start to believe these lies about yourself, and it damages your self-esteem drastically.

But, what if you told yourself only positive things? Imagine the positive impact this could have on your life. Here are some of the many benefits of using positive affirmations in your daily life:

**You Promote Positive Thinking** – Naturally, one of the best benefits of using affirmations is to think more positively. It doesn’t happen overnight, but the more positive self-talk you do with the help from affirmations, the more positive your thinking and mindset becomes.

**They Can Be Very Motivating** – You have full control over what your affirmations are and what you say to yourself with them. This means if you need a little more motivation in your life, you can get it from the affirmations. Choose ones that make you feel empowered and give you the push you need to succeed.

**You Get More Inspiration** – Have you been in a creative rut? Are you feeling very uninspired? Then affirmations can help! Using affirmations of a statement that has already come true (even though it hasn’t yet), puts it into your mind what you are capable of.

Example – ‘I will create something amazing today’.

**Affirmations Improve Your Self-Esteem** – One of the most damaging things about negative self-talk and constantly being down on yourself or your situation is that you start to believe it. It makes it hard for you to shift your thoughts to more positive ones. With positive affirmations, you can focus on the ones that improve your self-esteem and self-worth.

**You Become Aware of Your Own Thoughts** – They also help you to understand a little more about your own thoughts. You quickly become aware that you have been negative and not really channeling the power that your subconscious has on your life.

**3. Ways to Use Affirmations**

The great thing about affirmations is that not only do you create them yourself or pick from others that are beneficial for other people, but you can also choose how you want to use them. There are many ways, but here are a few ideas to get you started:

**Have sticky notes on your mirror** – This is an easy way to remember how to use them. Just write your best affirmations on sticky notes, and put them on your bathroom mirror. That way, every morning when you wake up, you can read them on the mirror. These are great for using them in the morning and at night.

**Keep them by your bedside** – If you want to use your affirmations in bed or immediately when you wake up, keep a notebook or journal by your bedside, and list the ones you want to use. You can even have different types of affirmations on different pages.

You can read them quietly or out loud, it is all about personal preference and what really helps you to focus on them.

**Write them in your journal or planner** – This is a great way to come up with different affirmations, whether you write down a new one each day when using your journal or planner pages, or you have a page dedicated to all the affirmations you come up with.

However, if you write in a journal or daily planner, this can be a great way to have a different affirmation every day for whatever applies to your mood that day.

**Keep reminders on your phone** – If you need reminders in the beginning to use your affirmations, get digital versions on your phone, and set reminders so you know when you need to say them out loud.

**4. Different Types of Affirmations**

When it comes to positive affirmations, you will see many of the same ones, but you can also create your own. Some common affirmations you might see are:

I can do this.

I will succeed.

I can accomplish anything.

I am grateful.

I have amazing talents.

There are also different categories of affirmations that you can use, such as:

Gratitude

Positive thinking

Self-Esteem or Self-Worth

Anxiety and Depression

.. and many more!

When trying to decide on the best affirmation, just think about where you are struggling the most in your life right now. That will lead you to finding great affirmations you can use to your advantage.