

# Powerful Thinking, Successful Living



Using Affirmations to Create  
Success in Life

By Stacy from  
[GrowWithStacy.com](http://GrowWithStacy.com)

## **The way that we talk to ourselves has a major impact on our lives.**

I understand how it feels to be stuck in a negative thought pattern. I spent a long time speaking negatively to myself, thinking negative thoughts, believing negative beliefs. I've been there, done that and got the t-shirt...

One thing that I have learned is that what we *allow* ourselves to think becomes our entire belief system and also our reality.

Let me say that again in case you didn't catch it.

*The thoughts that we allow ourselves to think and focus on become our entire belief system and also our reality.*

If you expect negative things you will not only be on the lookout for them but then when something that you perceive as negative happens you will also tell yourself, "I knew that would happen!" and you have completed a self-fulfilling prophecy. You will then continue in the cycle with each event and thought that you experience.

But if you allow yourself a different set of thoughts you will react differently to the same negative things that happen in life.

Instead of giving into the negativity of it you will be able to say, "This is a challenge to overcome" and you will look for the *good* in the situation and you will find ways that you can grow and learn from the experience. It will indeed become a positive experience because of the action that you took. When all said and done you will feel on top of the world!

The only difference between those two scenarios are the mindsets. I have seen many instances where two people go through the same difficulty and the negative person digs themselves deeper into a hole whereas the other person comes out a better person. The second person isn't better than the first, they just chose to handle their thoughts differently and therefore their actions are completely different allowing them a different outcome.

To move from negative to positive thoughts I suggest the following:

- Think of about three to five beliefs that you *want* to believe but you don't yet believe.
- Then write those down on note cards and read them at least 5 times a day.
- Go a step further by saying them out loud each day.

You will eventually start to believe them and you will be able to create a new belief system for yourself! You may even think that it will make a difference (I've been there too!) but you will surprise yourself when you start to see changes in the way that you think and look at things.

If I decide to walk around with a chip on my shoulder and talk negatively to myself on a consistent basis I will see everything around me from that point of view. I will be able to find the one thing wrong in a situation that has one *hundred* good things. I will be so focused on that one negative thing that I won't be able to see all of the good things. I will probably also blame that one thing on someone else or on the awful circumstances that I am victim to.

That is not a place that I want to be. I've been there in the past, I spent too many years there in fact.

When I was thirty I decided that I was sick of it and I made up my mind that I would do whatever it took to make sure that my next thirty years were the best thirty years I could possibly have. I wanted to be able to look back to that year and have that be a milestone year in my life marking great change.

Thankfully I can say that it was. I have had a few years since then to work on this and it's exciting to be able to say that I can tell you first hand the difference that self talk makes. I have experienced it on both sides and I really enjoy life so much more thanks to being able to focus on the good in life and talk positively to myself to move away from the negative thoughts that can still try to make themselves home in my mind.

In a recent blog post I discussed the importance of [attitude](#) and I can tell you that self talk will not only change the way that we think but it goes further into changing our attitudes and even our emotions! That's some powerful stuff!

**One very important way that we can change self talk is with [affirmations](#).**

Some people have a funny idea about affirmations. I know that they have gotten a bad rap in some regards. Some people get the image of some nerdy guy standing in front of the mirror squeaking out, "You are awesome! You are buff! Women love you and flock to you!" or some guy in a fancy suit looking in the mirror saying, "I love me. I am wonderful! Everyone loves me!"

Trust me, this is not what I am referring to when I say self-talk affirmations.

*Affirmations are positive and present empowering statements which help bring you to your goals.*

**Positive** - our subconscious minds work best with positive statements. For example if I tell you, "Don't run into the street!" what is the mental image that comes into your mind? You picture someone running into the street *not* someone staying out of the street.

So if you tell yourself, "I will not watch three hours of television tonight" what mental picture have you given your subconscious? The picture of lounging on the couch watching a bunch of television. Rather if you tell yourself, "Tonight I will organize the closet and then play a game with the kids," you have given your mind a completely different picture.

**Present** - our subconscious minds also work in the present better than in the future. If you are faced with a pantry full of junk food you will be much better off telling yourself, "I am eating one small serving of chips and I'm satisfied," rather than saying, "I will eat a little bit so that I can be healthy someday."

If you picture something in the future your mind will be lazy, not expecting to have to do anything until later. But if you speak in present tense your mind knows that immediate action is required and it will respond to the call to action!

Let me repeat: *Affirmations should be positive and in the present tense.* In other words you should be telling your subconscious mind what you want as if you already have it. If you haven't tried affirmations before you may be surprised at how well they work - I know I was!

Follow these steps to help yourself move from negative thinking to positive thinking through affirmations. These steps will help you learn to bring affirmations into your life more naturally:

1. *Accept Responsibility for Your Thoughts.* You are not a victim to your thoughts, they do not control you - you control them!
2. *Call The Thoughts What They Are.* As soon as you recognize a negative thought passing through your mind or your mouth stop and call it out as a negative or complaining thought. It will lose some power just by being named.
3. *Throw Away Negative and Complaining Thoughts.* After you have named the thought discard it and don't let it back into your mind even if it tries to come back, which it may very well do.
4. *Replace it With a Positive Thought.* The negative thoughts will have a much harder time returning if they have been replaced by something better. If it hasn't been replaced it may even come back with some of it's buddies giving you an even harder time.
5. *Focus on the Positive Thoughts.* Repeat them to yourself at least five times but as many times as necessary. Don't just say them once and think that you are done with that negative thought. You will really need to focus on them and you will need to believe them over the negative thoughts.
6. *Keep Positive Thoughts Written Down.* Be prepared! Write down some positive thoughts on note cards and keep them close by. You know what negative thoughts you struggle with the most, come up with positive thoughts that will fight the thoughts you know you struggle with the most.

7. *Rinse and Repeat*. Keep it up each and every time that you have a negative thought and complaint. Keep in mind that the hardest work will be at the beginning. Once you build this habit of positive thinking this whole process will become natural! That's when the hard work pays off!

Soon affirmations will be a habit in your life, a habit that you will appreciate and grow to love. The way that we think is a habit, either a good habit or a negative habit. Complaining, for example, can be a very negative habit.

Have you ever thought of complaining as a habit? *Complaining is actually an addictive behavior*. One complaint leads to another and another. After enough complaints your mind begins to desire and crave those thoughts.

It's very similar to the way your body works with other things such as food, exercise and even drugs. If you eat healthy foods and exercise regularly your body will want more of that. If you eat junk food and your only exercise is pushing the buttons on the remote then your body will crave that as well.

How much more true is this for drugs and other stimulants. If you are used to a daily caffeine fix what happens when you skip a day or decide to go cold turkey? Your body will fight back, you will probably get headaches, you will be tired and grouchy and perhaps even get the shakes depending on how much your body craves the caffeine.

Complaining can actually become a habit that can get so bad that it can ruin relationships. If you make a habit of complaining you will find that people won't want to be around you. You might even find that you don't want to be around yourself.

If you have ever spent time with someone who makes a habit of complaining I'm sure that eventually you did not want to spend much time with them. I know that I don't enjoy spending time with people who want to find the one little thing to complain about in every situation that comes their way.

One problem that people run into with complaining is that they *believe* that they can't stop complaining. They hold one or more *false beliefs*:

- They believe that the way they see things is reality and that any other thinking is Pollyanna-ish
- They believe that they have no control over their thoughts
- They believe that they are stuck in this pattern and feel helpless to get out

The good news is that as with any other habit or addiction it can be beat! As with anything worthwhile it will take some effort but it will be well worth it! There was a point in my life when I was certainly a chronic complainer and it took effort and work but I can tell you without a doubt that it was more than worth it. Affirmations are the answer to turning our thoughts into good habits!

*Sample affirmations you can use for...*

**Becoming More Productive**

- I am more productive every day.
- I enjoy being productive and getting things done.
- I have great focus and motivation to meet my goals.
- I excel at the tasks I do.
- I arise early and accomplish more each day.

**Becoming More Generous**

- I enjoy giving to others
- I give more than I receive
- I am more blessed when I give than when I receive
- I always go the extra mile
- I do more than I need to
- I see the needs of others easily
- I am a very generous person

**Becoming more Healthy**

- I am healthy and active
- I eat good foods
- I make good decisions
- I enjoy exercising
- I love the taste of healthy foods
- I lose weight easily
- I love to travel because I look and feel great

## Photo Credits, Affiliate Disclosure

Cover Photo Credit: [Oddsock](#)

*Affiliate Disclosure: Some links in this ebook contain affiliate links which means that I may receive an affiliate referral payment. You won't ever pay more for an affiliate product because of this. The products are products that I personally believe in and stand behind. I thank you and appreciate your support! Any money that I do make from affiliate sales goes directly into the running of my blog.*