

# Affirmations Can Make Your Dreams Come True

---

**Article Rating: NA**

**Submitted by: articlediner on 2006-10-13 and viewed 32 times.**

**Total Word Count: 512**

**Author Rating:**

## **Sample of Content:**

Affirmations have successfully been applied for goal achievement on areas like self esteem, smoking and building relationships. How do you actually do it?

## **Content:**

Affirmations are positive, affirmative statements declaring something to be true. When you repeat an affirmation, a sufficient number of times with intensity and associate it with strong positive feelings, you will believe that what you affirm is the truth. Affirmative techniques are excellent tools for goal achievement regarding whichever goal you want to accomplish, as far as such accomplishments being achievable of a human being. The ways to apply this great goal accomplishing technique is not limited to a few but encompasses literally all areas of life.

Without being aware of it, we often repeat thoughts or say words that are negative, for example, "I will never be able to reach this or that goal", "I'm too old to do this", "What's the purpose to even try". To erase all these negative thinking patterns which leads you even further away from achieving your goals, you need to fill your head with positive thinking and beliefs that will put you right on your way to achieving your goal(s). Here is where the fantastic affirmation tool comes in.

Affirmation can free you from being dependent of others opinions, low self esteem, bad habits like smoking, bad self image, and halting relationships. What you do is substitute your old way of thinking with positive, repeated thoughts targeted to reach any goal you want. Even goals that you barely dared to dream of can come true by using affirmation.

Lets give a typical example of what positive affirmation is and how you do it to reach goals:

Let's say you are over weight and want to lose weight. You now need to formulate a positive affirmation of a losing weight, with one or more positive statements of what you want to happen for example:

'I will lose weight each day'

'I will eat less each day'

'I will control my weight today by eating sensibly'

'I will lose more and more weight each day'

etc.

Now you can start the affirmation process. Here is one way to do it:

Select one word about what you want to accomplish from the statements you have made, in this case let's say you chose "weight-loss". Write it down.

1. Put yourself into a relaxed condition
2. Hold the paper you wrote the word "weight-loss" on about 12" to 24" from your eye and focus your eyes on the word and concentrate your attention. Hold this thought for up to 20 to 30 minutes
3. Repeat this affirmation exercise daily for two weeks at least.

As you continue your affirmation, you are burning the image of your goal word into your mind. Your goal will be with you in your thoughts as you proceed in your everyday life, and you will see that youâ€™ll come closer and closer to your goal.

**Terje Brooks Ellingsen** is a writer and internet publisher. He runs the website [1st-Self Improvement.net](http://1st-Self-Improvement.net).

Terje is a Sociologist who enjoys contributing to the personal growth and happiness of others. He tries to accomplish this by writing about self help issues from his own experience and knowledge. For example, [affirmations for self mprovement](#) and [career goal achievement](#).

**Article Source:** <http://www.ArticleDiner.com/>

## **About the Author:**

Terje Ellingsen