

7 Truths to Creating Effective Affirmations That Work



By Ann Rusnak
www.AnnRusnak.com

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Do affirmations really work? Maybe you just think they are useless and never tried them. Perhaps you thought about trying them but never heard of anybody seeing results or you tried them but they didn't deliver on their promise. Maybe you fall into the fourth category; You tried them and the results were so sporadic and rare that you felt they weren't worth the time doing.

Personally, I fell into the fourth category. Since some affirmations worked occasionally, I wondered what was different on those occasions for them to produce the desired results.

So I did some research. My ineffective affirmations resulted from leaving out critical pieces of information. The problem is creating affirmation around the way your mind works.

During this research, I discovered seven truths around how the mind works using affirmations. When generating an affirmation around these seven truths, you'll experience the desired outcome.

Interestingly, it didn't matter if the affirmation was positive or negative.

Daily affirmations are one of the most effective and easiest actions you can take for your subconscious to release your inner success. Let's look at these seven truths and how you can utilize to create powerful effective affirmations.

Truth #1 - Your subconscious mind is more powerful than your conscious mind.

Scientific research shows that the subconscious mind is not only way faster, it is over a million times more powerful than the conscious mind.

Your subconscious mind works for your benefit 24 hours a day, seven days a week—literally 100% of the time. Read more about how your subconscious mind works.

Truth #2 - Subconsciously we only believe what the conscious mind accepts as real.

This is the barrier that stops affirmations from working. Affirmations won't work when an inner conflict arises between the conscious and subconscious mind.

Truth #3 - Your conscious mind chooses what it believes to be true and your subconscious mind accepts without question whatever the conscious mind dictates.

To get to the subconscious level for your affirmations to work, they need to be believable. Unfortunately, the conscious mind doesn't believe the affirmation; it won't accept it as real.

Basically you're lying to yourself, not intentionally; your conscious mind recognizes your not stating the truth. Until your conscious mind accepts the affirmation as truth, it will not become part of the subconscious mind.

I want you to say the following affirmation out loud:

"I earn \$500,000"

You made this your goal. You "truly" want this to happen. When you said it out loud what happened?

Did you feel some resistance to the statement? Did it feel truthful? Did you start arguing with yourself about "how" you would accomplish this? Did you hear your self-talk echo back these words "Who are you kidding?"

You won't achieve the result of your affirmation while an inner conflict exists between the conscious and subconscious mind. You'll need to neutralize the conflicting self talk.

The first three truths, explored the biggest obstacle to why affirmations fail - resistance and unbelievability.

The best way I learned to counter this resistance is to use the word "choose" in the affirmation.

Let's try this again expect, you'll use the word choose in the affirmation statement. Yeah... you need to say it out loud.

"I choose to earn \$500,000"

Did you notice a difference between these statements when you say them to yourself? Did it feel more convincing?

By including "I choose" in your affirmation, you're using a very effective and successful strategy to offers no resistance for acceptability.



Action Time

Pick three of your affirmations or create three using the "I choose" strategy.

The four remaining truths really get into releasing the power of your subconscious in using affirmations.

These remaining four create more powerful and faster acting affirmations

Truth #4 - Your subconscious mind can't tell the difference between reality and imagination.

There is no future or past in your subconscious mind. Even if your subconscious mind replays something, it believes it's happening all over again in the present. The subconscious only know the present.

With this in mind, you want to make sure your affirmation is something you really really want. You want to make it very specific and always state it in the present tense.

I'm going to continue to use yesterday's affirmation, "I choose to earn \$500,00."

For example purposes, this is something you really want.

Make it specific...

Instead of saying "I choose to earn \$500,00", you say "**I choose to make more money.**"

The word "more" isn't specific. What does "more" mean? While the word more may seem believable and would eliminate the inner

conflict obstacle, it indirectly calls your attention to a negative situation.

By asking for more money, implies you don't have enough. Your subconscious draws attention to the very thing you want eliminate... not enough money. This defeats the whole purpose of the affirmation.

State it in the present tense...

"I choose to earn \$500,00 this year."

Truth #5 - Your subconscious mind responds to three things: Verbalization, feelings & emotions (the most powerful) and visualization.

Verbalize your affirmation...

What you say to yourself will determine everything you do. Keep your affirmations positive.

Avoid negative affirmations like I never have enough money or I never earn enough money. Vigilantly monitor your self-talk or you'll cancel out your positive affirmations by creating confusing in your subconscious.

Add feeling and emotion...

Your subconscious thrives on feelings and emotion. You'll turn the power up on your affirmations when you include emotion in your statements.

"I choose to easily, constantly and enjoyably earn \$500,00 this year by adding value to peoples lives."

Visualize your end result...

Remember Truth #4? Use your imagination and picture and experience in your mind the end result while saying your affirmation.

If you read your affirmations, picture the end result and feel the emotions of what you are picturing, you can expect a 100% success rate.

Truth #6 - The subconscious mind learns by repetition not logic.

This is why verbalizing your affirmation once or inconsistently doesn't work. You need to consistently say your affirmation over and over. The repetition repatterns your thoughts.

Psychological studies shows saying your affirmation out loud and/or with music increases the impressing of the information on your subconscious 85% faster.

Start your day off with your affirmations and right before your go to bed at night.

The more repetition... the better. I like using The [Think Right Now](http://annlikes.com/trnwindows) software program on my computer. It briefly flashes, on your computer screen, visible statements of affirmations.
<http://annlikes.com/trnwindows>

You can use their or your own affirmations with or without music.

Truth #7 - Your subconscious will achieve anything you believe to be true for you.

Affirmations work through your subconscious. So you need to keep them personal by using "I" in your statements.

Persistent repetition of your affirmations, especially creating around the seven truths, conditions your mind to see things differently.

Affirmations eventually install themselves as consistent dominate thoughts...

dominate thoughts control your behaviors...

your behaviors become habits...

your habits create your reality.

Dr. Robert Anthony created a simple formula to help you remember when creating effective positive affirmations.

Affirmations + Imagery + Emotion = Success

Your Affirmation Insurance Policy

Your affirmation insurance policy consists of three sections. Use to it to insure best results.

Section One:

How do you know what you're affirming is in your best interest? Affirmations are powerful and will bring whatever you focus in your life when using repetition and emotion.

Dr. Robert Anthony suggest making sure they are in your best interest by using this at the end of your affirmations.

"I accept this or Something Better. Please make whatever take place for the highest good of myself and everyone else involved."

Section Two:

Keep your affirmations secret. If you keep them to yourself, you won't feel pressured by the "have to" do it. Telling others gives them an opportunity to work against you, intentionally or not. You avoid the people trying to stop you or offer their advice for your own good... keep it to yourself.

Only reveal your affirmations to people who need to know or can help you realize them more quickly.

Section Three

Make this your first affirmation:

"I choose to enjoy making my affirmations regularly."

This will set your mind up to enjoy creating and using affirmations on a regular basis... especially if you're just starting out or it's been quite awhile since you did affirmations.

Using the techniques shared throughout the seven truths, you can make your affirmation experience to create the life you desire, more easy and fun. I bet you'll be more excited with your result.

About Ann



During the past eight years, Ann Rusnak helped busy entrepreneurs gain control over their day. Recently she felt a big tug to let her business go and follow her heart.

Over 15 years ago, she regained the memories of child abuse and required several years of therapy to recovery. She realized she drastically underestimated the true success in her life.

She broke the cycle of abuse. She created a new legacy for her daughters with abuse no longer a way of life... putting future generations on a new path to a more fulfilling life.

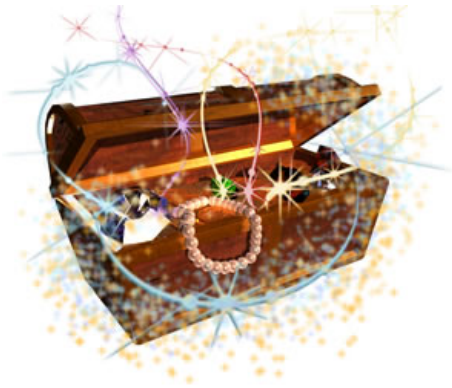
It's time for her to tell her story. Not just a story of surviving abuse but a story of changing a family legacy... A story created by overcoming and emotional healing.

She shares her story of hope, certainty, feeling good and in balance within oneself.

A story of accepting the greatness in oneself and embracing and knowing the true your inner **ME**. The **M**agical **E**ssence that is in all of us.

One of the first steps in her recovery involved changing her thoughts about herself. To overwrite all the false statements and build stronger image of her. Part of the process included positive affirmations to rebuild her self esteem.

Ann put together the [FREE Treasure Chest of Success](#) so you can tap into your own **M**agical **E**ssence and begin to change your world... one thought and one step at a time.



Treasure Chest of Success

The actual cause of success is something already with in you... the unique miracle of you. All you need to do is discover it... discover your inner me... your inner M.E - Magical Essence. The Magical Essence that makes you unique.

The universe brings you into this world with the desire for success and a treasure of gifts and talents to make it possible. Those gifts make up the core of who you are.

Your uniqueness is a gift to the world. The world is a better place because you came into it. It becomes greater when you unwrap those gifts and share them with the world around you.

90% of the population experiences low self esteem. It's the number one thing holding people back and prevents them from living their dreams. That low self esteem "hides" your inner treasure from you.

Your **FREE** Treasure Chest of Success contains several items for you to find, reconnect and release your inner treasure.



365 Magical Essence Messages eBook - 12 power themes



5 Easy Success Steps Guide you can start using right away to repattern your subconscious to tap into your inner magic.



3 Minute Self Empowerment

Affirmation Video to quickly accelerate your self confidence and personal growth.



Power Peeps Positive Affirmation Sheet



Accurate Self Concept Assessment - An accurate self concept is a step toward eliminating the distorted reflection of yourself. This tool will shut up your belittling inner critical voice



**FREE membership in The POWER Peeps Club –
Picture Oneself With Empowering Results.**

plus much more....

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