

POSITIVE
AFFIRMATIONS
Cheatsheet

10 STEPS TO MAKE POSITIVE AFFIRMATIONS WORK FOR YOU

You want to feel more positive, confident, abundant and beautiful. Positive affirmations seem like a brilliant idea: repeat one and.. voilà! All better...

Instead, you feel like they're big fat lies. Why do positive affirmations work for others, but not for you? The biggest mistake people make about positive affirmations is slapping them on top of their negative beliefs.

Positive affirmations work at the surface level of your conscious mind, while your beliefs live in your subconscious. So if you believe deep down that you're unworthy of success, anything you try to accomplish will be stained by that belief. Which means that you'll struggle in attaining success.

However, it's not the end-all. Find out below how you can use positive affirmations to highlight parts of you that need to be healed, so that you can live a more fulfilling life.

* Click [here](#) to go back to the blog article.

1. Relax in a quiet spot.

On your sofa, in an office chair or in bed, whatever you like. Make sure it's quiet enough so that you can hear yourself thinking (you'll see what I mean below).

2. Pick a positive affirmation.

Some examples are: *I love and accept myself. I'm beautiful. I'm worthy. I'm good enough. I'm confident.*

3. Say the positive affirmation.

You can say it in your mind or out loud. If you like to write, jot it down in your journal. Or say the positive affirmation while looking at yourself in a mirror.

4. Observe your thoughts.

Right after you say a positive affirmation, thoughts, emotions or sometimes physical sensations arise. (Though don't beat yourself up if it's not the case.)

Simply notice any resistance. Do you get a sinking feeling in your stomach? Does your throat tighten? What emotions are you feeling? What thoughts race through your mind?

5. Allow your thoughts to flow.

It's no use resisting negative thoughts and emotions. If you allow them to just be, they'll oftentimes float away on their own. Brace yourself though for a barrage of put-downs like *You can't do it. Stop being silly, loser. Give up now.*

6. Contemplate why this positive affirmation feels false.

So if you picked the positive affirmation, *I'm good enough*, ask yourself, *Why do I think I'm NOT good enough?* Consider the times you felt not good enough. Did parents, caregivers or teachers neglect you? Did a classmate bully you as a kid? Does it seem impossible to satisfy your boss? Does your partner criticize your body?

7. Accept past hurts.

It hurts so much, but even more so when you hang on. Take it from Anais Nin: *And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom.* Reckless sobbing and journaling are encouraged. ;)

8. Look out for signs that validate the positive affirmation.

With the example of *I'm good enough*, pay attention to big and small things: *I made a healthy breakfast and took a walk (I'm taking care of myself). I strive to do my best at work. I'm learning how to communicate better in my relationship.*

Have fun with this! Treat it like a game and see how many moments you can catch throughout your day that validate the positive affirmation. You can also make a more realistic and compassionate affirmation.

9. Enjoy how good it feels.

You've excavated parts of yourself that needed to heal and took care of your emotional wounds. You've confronted difficult emotions. And now you're moving on to better things. That's no mean feat! Take the time to acknowledge your progress.

10. Repeat steps 3 to 9 until the positive affirmation feels true.

Old beliefs die hard. It's normal to cycle through the same issue a million times before you feel at peace with it. Each time you revisit an emotional wound, it may look the same but lessons abound.

P.S. Are you still feeling not good enough? Learn how to let go of self-doubt and perfectionism—check out my [coaching services](#).