

BASIC GUIDELINES FOR AFFIRMATIONS THERAPY

(1) Always concentrate on what you require and avoid focussing your attention on what you do not want or require in any aspect of your life

(2) In all daily conversations, replace the following words immediately.

I want = I choose / I require

I need = I require / I accept

(3) Begin most of your affirmations with I AM.

(4) Become very very clear and specific and precise in your talks about what you are looking for.

(5) For experiencing the realization of your true affirmations, respect your time because it is the most important resource.

(6) Avoid these 3 words in all your affirmations.

Not - No – Never

(7) Affirmations are always in the present tense and are meant only for the person practicing them at that moment.