

DANNY SWANSON

empowering your life

“The Keys to Living an Inspired Life... Here and Now”

Part 6 – Love Yourself – Affirmations

You may have heard affirmations or you may not. Essentially affirmations are a tool that is recommended by many people who work in the area of personal development and awareness.

The principal of affirmations is that they are statements of truth which you can repeat to yourself frequently. Given that our thoughts generate emotions and behaviours it's important that we start to bring some order to our thoughts. We have around 60,000 thoughts of day and many of them are not necessarily truthful...they are often based on our early conditional and one sided perceptions of good and bad and right and wrong. Pay attention to your internal dialogue sometime and see what you're saying.

Affirmations require repetition. The idea is that you create new thoughts which support your path and replace some of the random thoughts which may or may not be as supportive for you. There are lots of ideas about constructing affirmations. I like to keep it simple and suggest you follow these principles:

1. They are balanced
2. They are in the present moment
3. They are true
4. They are succinct

Some examples of affirmations I like and use are:

I am what I am.

The more gratitude I have, the more I have to be grateful for.

I am powerful

I am balanced

My life is an inspiration

No matter what I have done or not done I am worthy of love

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Empowered Actions for this week:

1. Find or develop some affirmations that work for you (you may have 100 or more). Write them in your journal
2. Make sure you read them every day.
3. Pick one or two each day and say them at least 10 times during your day