

## 30 Days of Affirmations

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## How can affirmations change my life?

The quality of our thoughts determines the quality of our lives, therefore it's imperative that we control what we think! Whatever we intently focus on becomes our reality. Affirmations help to direct our focus. At first, you need to consciously practice your affirmations, however, in time they will become automatic. It is natural that your old beliefs/negative affirmations will come up but if you persist, the positive affirmations will become more powerful and it will be the reality you will experience.

### What is an affirmation?

Every thought you think every word you say is an affirmation. All of our self-talk or inner dialogue is a stream of affirmations. We are continually affirming subconsciously with our words and thoughts and this flow of affirmations is creating our life experience in every moment. Our beliefs are just learned thought patterns that we have developed since childhood, many of these work well for us, but others may now be working against us, they are dysfunctional and may be sabotaging us from achieving what we believe we want.

Knowing and understanding this brings great power. From here we have the ability to input specific statements to target the subconscious mind and replace negative beliefs with positive ones.

### How often do I practice affirmations?

How often you practice affirmations depends on the individual and how strong the old beliefs are that require change. There are no rules around it; they can be practiced one hundred times a day or 10 times a day. You could set a reminder in your phone or you could make an effort to practice at the following points of the day: on waking up in the morning, while brushing your teeth, when you get into the car before turning on the ignition, in the shower, while cooking dinner. The main idea is to practice them as often as you can.

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## The Science of Self-Affirmations

Self-affirmations were first popularized by French psychologist Emile Coué back in the 1920s and are still a staple of self help gurus and psychologists and personal coaches. But do they work?

- Published in PLOS ONE, new research from Carnegie Mellon University provides the first evidence that self-affirmation can protect against the damaging effects of stress on problem-solving performance. Understanding that self-affirmation -- the process of identifying and focusing on one's most important values -- boosts stressed individuals' problem-solving abilities will help guide future research and the development of educational interventions.
- "An emerging set of published studies suggest that a brief self-affirmation activity at the beginning of a school term can boost academic grade-point averages in underperforming kids at the end of the semester. This new work suggests a mechanism for these studies, showing self-affirmation effects on actual problem-solving performance under pressure," said J. David Creswell, assistant professor of psychology in CMU's Dietrich College of Humanities and Social Sciences.
- "Although we know that self-affirmation reduces threat and improves performance, we know very little about why this happens. And we know almost nothing about the neural correlates of this effect," says lead researcher Lisa Legault of Clarkson University.
- For example, there's [research](#) showing that the classic approach of uttering positive mantras like "I'm a lovable person" can actually backfire — people who say such things but don't believe them may end up feeling worse afterward .
- Now a [new brain-imaging study](#) published recently in *Social Cognitive and Affective Neuroscience* has lifted the lid on what's happening in the brain when people practice self-affirmation, helping to explain the technique's apparent effectiveness — and hinting at a simple way to enhance the technique.

And here more reference:

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- Correll, J., Spencer, S. J., & Zanna, M. P. (2004). An affirmed self and an open mind: Self-affirmation and sensitivity to argument strength. *Journal of Experimental Social Psychology*, 40, 350-356.
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## 30 DAY PROGRAM

Starting from day one, repeat the affirmation as often as you can throughout the day.

### DAY 1

I am the architect of my life; I build its foundation and choose its contents.

### DAY 2

Today, I am brimming with energy and overflowing with joy.

### DAY 3

My body is healthy; my mind is brilliant; my soul is tranquil.

### DAY 4

I am superior to negative thoughts and low actions.

### DAY 5

I have been given endless talents which I begin to utilize today.

### DAY 6

I forgive those who have harmed me in my past and peacefully detach from them.

### DAY 7

A river of compassion washes away my anger and replaces it with love.

### DAY 8

I am guided in my every step by Spirit who leads me towards what I must know and do.

### DAY 9

I possess the qualities needed to be extremely successful.

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**DAY 10**

Creative energy surges through me and leads me to new and brilliant ideas.

**DAY 11**

Happiness is a choice. I base my happiness on my own accomplishments and the blessings I've been given.

**DAY 12**

My ability to conquer my challenges is limitless; my potential to succeed is infinite.

**DAY 13**

I am courageous and I stand up for myself.

**DAY 14**

My thoughts are filled with positivity and my life is plentiful with prosperity.

**DAY 15**

Today, I abandon my old habits and take up new, more positive ones.

**DAY 16**

Many people look up to me and recognize my worth; I am admired.

**DAY 17**

I am at peace with all that has happened, is happening, and will happen.

**DAY 18**

My fears of tomorrow are simply melting away.

**DAY 19**

I wake up today with strength in my heart and clarity in my mind.

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**DAY 20**

My obstacles are moving out of my way; my path is carved towards greatness.

**DAY 21**

I am conquering my illness; I am defeating it steadily each day.

**DAY 22**

My efforts are being supported by the universe; my dreams manifest into reality before my eyes.

**DAY 23**

Though these times are difficult, they are only a short phase of life.

**DAY 24**

Everything that is happening now is happening for my ultimate good.

**DAY 25**

I acknowledge my own self-worth; my confidence is soaring.

**DAY 26**

I am blessed with an incredible family and wonderful friends.

**DAY 27**

My life is just beginning.

**DAY 28**

My ability to conquer my challenges is limitless; my potential to succeed is infinite

**DAY 29**

A river of compassion washes away my anger and replaces it with love

**DAY 30**

I love and approve of myself.

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## 100 Self-Affirmations for Self-improvement

This is a list of suggested self-affirmations. Try to use these as inspiration to come up with self-affirmations of your own. Or if you're really having trouble creating your own, then feel free to borrow some of these for now.

1. Every day, in every way, I am getting better and better.
2. Every failure in my life can be a learning experience.
3. I live in the present moment.
4. I create value in other peoples' lives.
5. I am always changing.
6. I am worthy of positive relationships in my life.
7. I wish the best for everyone.
8. I learn something new every day.
9. I am genuinely interested in other people.
10. I have many strengths and positive characteristics.
11. I don't worry about the things I can't control.
12. Listening to my emotions can help guide me to make better decisions.
13. I see my anxiety as motivation to change or improve.
14. I can overcome obstacles in my life.
15. I am a positive role model to others.

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16. I will try something different today.
17. I'm not afraid to step outside of my comfort zone.
18. I believe people are generally good.
19. I forgive anyone who has hurt me in the past.
20. I have a rich and supportive social circle.
21. What doesn't kill me only makes me stronger.
22. My past is one big learning experience.
23. I must be the change I wish to see in the world.
24. I will try to be more understanding of others.
25. My depression is the first stepping stone to happiness.
26. This too shall pass.
27. I can find happiness in every moment.
28. I'm a proactive problem-solver.
29. When I open my mind and senses, I'm much more creative.
30. I can create my own positive energy.
31. When people get to know me, they really like me.
32. Just do it.
33. I can see the bigger picture.
34. I see money as a useful tool for helping myself and others.
35. I take small steps everyday to be healthier.
36. I'm dedicated to my passions in life.

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37. I have the resources to take care of my family.
38. My negative emotions can serve a positive function.
39. I determine the meaning of my life.
40. Every decision I make helps shape my future.
41. If I never take risks in life, I'll never be rewarded.
42. I remain focused on what matters most in my life and relationships.
43. I participate in life, I don't wait for it to happen.
44. I will be more conscious when acting and making decisions.
45. I can think rationally and intelligently.
46. I'm dedicated to gradual self-improvement.
47. I treat others with kindness and respect.
48. If I want something I've never had, I must do something I've never done.
49. I know when to relax and not take life so seriously.
50. I learn from my past relationships.
51. I can accept criticism without taking it personally.
52. I love and accept my body.
53. When I love myself, I allow others to love me too.
54. Most of the limitations in my life are fictional.
55. I narrate the story of my life.
56. I exude purpose and joy.

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- 57. All is well, right here, right now.
- 58. Today, I will open my mind to the endless opportunities surrounding me.
- 59. I am grateful for the people I have in my life. 60. I am my own best friend.
- 61. I can find balance in my life.
- 62. I am mindful of my health and well-being.
- 63. I exercise freedom in all aspects of my life.
- 64. I know when to trust my intuition.
- 65. I can gain knowledge in anything if I'm willing to learn.
- 66. I strive to achieve my goals and values in life.
- 67. I can only give happiness to others once I have found happiness in myself.
- 68. I'm optimistic about the future.
- 69. I have all the material luxury I need.
- 70. I will celebrate the small victories in my life and stay motivated by them.
- 71. I'm interconnected with everything in the universe.
- 72. I'm productive in achieving what I want in life.
- 73. Small changes on a daily basis lead to big changes over time.
- 74. Most of the time there is nothing to fear.
- 75. When life gets tough, I can persist.
- 76. I will make the most of this situation.
- 77. I don't waste my time and energy around toxic people.
- 78. I'd rather make a mistake than forever regret not trying.

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79. I will balance both speaking and listening in my daily conversations.
80. I don't listen to the negative voice in my head.
81. I need to experiment with new things before I can think of myself in new ways.
82. I don't always choose my circumstances, but I do choose how I respond to those circumstances.
83. If I want to understand someone, I need to first let go of my biases and prejudices.
84. I try to see things from other people's perspective.
85. I treat everyone as an equal.
86. I allow myself to let go, be spontaneous, and have fun.
87. I focus on the positive memories in my relationships.
88. I will not let my happiness become dependent on any one person.
89. I have many inspirational role models to learn from and be motivated by.
90. I do kind things for people without the expectation of anything in return.
91. I always act myself around people; I never feel the need to be someone I'm not.
92. I'm not afraid to question my old habits and beliefs.
93. There are always opportunities to meet new people in my life.
94. I don't get easily offended or upset by people.
95. I believe life is meant to be enjoyed.
96. Whatever happens, happens.
97. I try my best not to hurt others.
98. I sincerely hope that everyone finds happiness in their lives.

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99. I'm willing to pay short term costs for long term gains.
100. I seek to learn new things every day.

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## 30 Days to Change Your Life

Now according to popular wisdom, it takes 30 days to make or break a habit and you will be learning what it takes to create the life you want. Following workbooks are designed for you to cultivate different qualities of awareness into your life so you can achieve mental and emotional states of peace and happiness. If you commit to these challenges, I promise you will experience dramatic positive shifts in your well-being, physical and emotional health, and your vitality.

[30 Days to Happiness](#): Learn how to live in the present moment and experience true, long lasting happiness, in under 5 minutes

[30 Days of Meditation](#): How to Meditate Deeply – Meditation Techniques to Relieve Anxiety & Improve Your Health in 5 Minutes

[30 Days to Gratitude](#): Learn how to appreciate all the good in your life and thereby create even more of it with an attitude of gratitude

[30 Days to Freedom](#): Learn how to always overcome resistance, take action, succeed every day, and make changes that last.

[30 Days of Affirmation](#): Learn Affirmations to Achieve Success, Self-Motivation and Confidence in Your Life

Also you can enjoy our [inspirational blog post](#).

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## About the Author

Deniz Yalım is the founder of BayArt which is about Mindfulness Meditation for Relax, Breathe, and Quality of Life to Reduce Stress, Anxiety and Depression.

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