

# AFFIRMATIONS MADE EASY



HOW TO USE AFFIRMATIONS  
TO ATTRACT YOUR DESIRES

ooh.

## Introduction to affirmations

Firstly, hello! And thank you for downloading this guide. Affirmations came into my life at a crucial moment. It was when I was experiencing severe burnout in my business, I could feel that there was more to being an entrepreneur than working constantly. I craved balance and harmony but I also needed to get out of my own head.

Practicing affirmations gave me the permission I needed to put in the boundaries, to really own what I do and begin attracting the clients that I really wanted. I always thought affirmations were a bit 'woo' until I discovered the actual science behind them from an actual Dr. Dr Tara Swart's book 'The Source' opened my eyes and mind to the power within.

One of the major secrets to being successful in your life and attracting all your heart's desires is having the ability to **bypass your conscious mind** so that you can **access the immense powers of your subconscious mind**.

Your subconscious mind uses approximately 90 percent of your total mind power as opposed to the 10 percent of your brain that you utilise in your normal daily waking state.

The subconscious mind is incredibly powerful and will accept any truth or image that you submit to it without question, and will then act on your instructions and ultimately bring you into complete harmony with everything that you desire. This enables everything that you wish to manifest into your life so that you can experience them in full.

ooh.

**In order for you to attract your desires into your life, you have to know precisely what you want and how to ask for it,** but most importantly you have to be in harmony with your desires and believe that you have everything you desire *right now*. To be in harmony with all that you want you have to think positively. In other words, you have to think in terms that all that you desire already exists in your life and you have to feel as though you are already experiencing and enjoying those desires.

This is where the power of positive affirmations comes into play. The conscious and rational mind will always work to reject anything that doesn't appear to be logical, attainable, or to be a reality. It doesn't know, at a conscious level that you genuinely are infinitely powerful and capable of realising your desires and living a life that you've dreamed of. Therefore, your conscious mind will always reject those things that it doesn't agree with and will also block your wishes accordingly.

Fortunately, as your subconscious mind is a powerful tool, much more so than your conscious mind, all you need to do is use the power of positive thinking to impress our greatest wishes and heart's desires onto the subconscious mind. Doing this will cause you to know, subconsciously, that your desires already exist in your life. In turn, this will cause you to be in harmony with your desire and will ultimately appear in your life as reality.



“

We become what we think about most of the time, and that's the strangest secret.

EARL NIGHTINGALE

ooh.

I MEAN BUSINESS

I KNOW  
exactly who I love  
working with, and  
it's easy for them to  
find me.

TODAY I WILL HYDRATE



ooh.

## WHAT ARE POSITIVE AFFIRMATIONS?

Affirmations are positive statements recited with confidence in order to change an aspect of yourself or life. When reciting affirmations you declare specific goals as if they have already happened. While they may sound simple, they are incredibly powerful and can have a profound effect both the conscious and subconscious mind, as well as on the actions that you take to achieve the life that you desire.

## WHY YOU SHOULD USE DAILY AFFIRMATIONS

We are surrounded every day by negative messages from the world around us. The media, our family, and even well-meaning friends can impose limiting beliefs on us that greatly diminish our belief that anything is possible. These limiting beliefs are continually repeated to us throughout our childhood and well into adulthood and ultimately how we end up defining ourselves and who we are and what we can accomplish.

Unfortunately, we end up internalising the negative messages that we are constantly bombarded with and they become our truth. The truths that are formed with these limited beliefs end up holding us back from our hopes, dreams, and goals and keep us from stepping into our true potential. It should really come as no surprise when your physical reality matches these limiting beliefs because our external world is always a reflection of our inner world.

Willpower isn't enough to create the change in your life that you seek. When you have negative self-talk and when you are going through your life with limiting beliefs, such as "I don't deserve it. That's just the way it is," the

ooh.

negativity ends up canceling out any action or effort that you make, every time. To create the change in your life that you desire, you have to let go of the negative thoughts and images that you associate with your life, and fill your mind with new ideas that are positive, and that will support you in creating the change you desire.

Daily positive affirmations work to replace these old limiting beliefs, pessimistic thoughts, and negative self-talk with positive statements that fill affirm who you want to be and what you want to experience in your life.

## HOW AFFIRMATIONS WORK

As you recite the positive statements, you start to rebuild neural pathways in your brain. When you repeat an affirmation over and over again, it begins to change the way that you think as well as what you believe is possible. Energetically repeating affirmations reinforces that belief and allows your subconscious mind to rewire. Affirmations will expand your thinking so that you begin to believe that anything is possible. When you start to think that something is possible, the chances are higher that you will proceed with certainty and confidence, not let obstacles set you back and you will more likely look for and find creative solutions to achieve the outcome that you desire ultimately.

What you talk and think about the most, as well as the kind of beliefs you hold onto is what you ultimately attract in your life. Positive thinking attracts positive experiences and outcomes, while negativity attracts more negativity.

While there are already a plethora of resources and means that are



ooh.

available right now to help you achieve your goals, when we affirm that something isn't possible or allow the negative thinking to take over our minds, we end up shutting ourselves off from those resources and means that can make our dreams and desires come true. When our minds are full of negative thoughts, we simply aren't able to see the opportunities in front of us, and we don't recognise the means of creating the changes in our life that we desire.

On the other hand, when we use positive affirmations to affirm the outcomes that we desire, over and over again, we are training our minds to believe that it is possible. When you can open yourself up to what is possible, then your subconscious mind gets to work to find the creative solutions and the means for achieving your dreams, goals, and all that you desire in your life.

## HOW TO USE AFFIRMATIONS

Thousands of people use affirmations daily to manifest their desires and obtain all that they've dreamed in life. Many of these people are able to find success, but far more never see the results from their daily practice. This isn't to say that affirmations don't work, but instead, they aren't being used correctly. You have to understand that positive affirmations aren't about the words that you say or the phrases that you repeat, but instead, they are about the idea that those words

convey, as well as about the feeling you get from repeating the phrases.

In order for your affirmations to work, you need to feel good while thinking or repeating them. This is the basic principle behind the Law of Attraction. If you don't feel positive emotions while repeating the statement, then it

ooh.

isn't the right affirmation for you. Here are some things to keep in mind when using positive affirmations to attract your desires.

## BELIEVE

If you want to ensure that your affirmations will work, you have to believe in them. Affirmations that are half-hearted or empty will never work for you. You need to genuinely believe in the statement that you are repeating if you want it to work. For example, if you are repeating to yourself that you are successful, but you don't really feel it, you need to consider changing your affirmation. Instead, you can state in your statement that you are capable of being successful in starting, and then shift your affirmation to state that you are successful once you start to believe it.

Try to start with a statement that allows you to know that you are perfectly capable of manifesting your desires. Once you begin to honestly believe that it is possible, then you will begin to take the actions to prove to yourself that you are right.

## MAKE IT PERSONAL

Take some time to write down the negative thoughts that are floating around in your mind currently. Then carefully examine each of the negative thoughts and write down a positive statement against that negative belief. By using self-generated content that is specific to your particular problem will help you to better connect with the affirmation.

When you write down your affirmations, you want to make sure that you start with the phrase, "I am," to make it more meaningful.

ooh.

I MEAN BUSINESS

I HAVE PURPOSE  
on this planet, and  
I have the strength,  
ability, and confidence  
to fulfil it.

TODAY I WILL GET AN EARLY NIGHT



KIRSTY

KIRSTY  
GALLAGHER



Live

Working wit

ooh.

### **MAKE IT MEMORABLE**

When you are creating your positive affirmation to combat your negative beliefs, you want to make sure that they are simple, short, and direct. These qualities will make the affirmation more memorable and likable. Keeping your affirmations short and straightforward, making them much easier to say as well as to remember. You can get an added punch to your mantras and make them more appealing by making them catchy.

### **KEEP THEM POSITIVE AND PRESENT TENSE**

When it comes to creating positive affirmations that are effective, you have to make sure that they focus on what you want to achieve instead of what you don't want. Make sure you avoid using negative statements. Positive affirmations are much more powerful and have a better clarity of purpose. It is also essential to frame your affirmations in the present tense as if the situation you are affirming is already happening.

### **REPEAT DAILY**

When you first speak your affirmation, it may seem utterly unbelievable to you. However, by following a daily routine of repeating the statement, you can instill the power of positive thinking into your subconscious mind. This allows your mind to become more open and receptive to the new information that you are feeding it. As you move through the days, your confidence starts to build, and you are better able to direct your thoughts toward achieving your goal. To make the most out of your positive affirmations, the best times to recite them are right upon waking up, just before going to sleep, and anytime you meditate, or are in a reflective

ooh.

state as these are the times when your subconscious mind lets down its guard a little bit. There's less resistance to a new thought pattern.

### **HOW LONG DOES IT TAKE?**

Research suggests on average, it takes affirmations 22 days to work. However, it could take up to 66 days or longer to notice the full benefits but this all depends on age and subconscious resistance.

### **ENERGISE YOUR AFFIRMATIONS**

Having passion, excitement, and energy around your affirmation will get you into a highly positive vibe and make you believe you are already living it. Be happy and do what your heart desires if you want your aspirations to come true. Adding strong emotions to your affirmations will raise their intent to an entirely new level.

### **VISUALISE**

Incorporate creative visualisation into your affirmation practice. This will make your affirmations seem more real and encourage you to take immediate action. Feel it, taste it, hear it, see it, smell it. Engage entirely with your vision and affirmation and sense every detail of the desire that you wish to manifest. Doing this will help to encourage you to move forward and manifest the reality you desire. Combining the practice of affirmations with a vision board will



ooh.

## CONCLUSION

The more you can infuse every part of your day with positive affirmations, the more they will become an automatic part of your thinking. You will start to believe, with certainty, that your goals are indeed happening and you will take the necessary action to achieve them. When you can go forward with this kind of confidence, the subconscious will meet you more than halfway to help you reach your desires.

When positive affirmations are used daily, they can help you create the rapid and positive changes that you are looking to develop in virtually every aspect of your life. So start using positive affirmations in your daily life today and be amazed at how quickly you can begin to attract the love, appreciation, success, and abundance that you have always desired.

ooh.

## WANT MORE?

I hope this booklet has opened your mind to the power of affirmations. I'd like to introduce to you the I Mean Business Affirmation Deck.

This affirmation deck is for female founders and entrepreneurs just like you.

**It is time to advocate for ourselves.** This deck of 22 beautifully made mantra and affirmation cards is an essential tool for stuck or struggling business leaders. As you recite positive statements, you rebuild neural pathways in your brain – countering subconscious self-sabotaging thoughts and welcoming confidence and calm into your business.

Each silver-detailed card is adorned with a powerful affirmation that is written in the first person and speaks directly to you as an individual, and a business owner. These powerful statements will focus your mind, build your inner-strength, and banish lingering insecurities or inertia for good. We've also included two blank cards to allow you to craft personal affirmations aligned with your business goals.

In addition, each card also bears a wellbeing symbol and a prompt to achieve an essential moment of daily self-care – reminding us to take a little time for ourselves. After all, we must admit that no matter how hard we work, we simply cannot pour from an empty cup.

Get 15% discount using the code: **MYDESIRE**

**BUY THE DECK**





[hi@oohlala.studio](mailto:hi@oohlala.studio)

[www.oohlala.studio](http://www.oohlala.studio)