Stuart Showalter Life Coaching

DAILY AFFIRMATIONS

On the lines below you will write your daily affirmations. These are messages to yourself that define who you are and what you do consistent with your goals. Affirmations are written in the present tense. This is what you are now although it *may not* be true. The magic of the affirmation is that it becomes reality, a truth. One of my daily affirmations is “All aspects of my life are fully satisfying”. This contradicts “My weight and fat percentage is dropping” which is there because I am dissatisfied with those. I won't become satisfied with my current weight and fat percentage. Instead my weight and fat percentage will reach the point to where I am satisfied and I will no longer be living the lie that my subconscious abhors and won't allow. This is because only the conscious mind can let you live a lie -- hence the feelings of guilt or remorse that accompany the rationalization of an immoral act.

These lines are not numbered because there is no particular number of daily affirmations that one should have. Place your affirmations in a location where you will read them daily. For you guys it could be the underside of the toilet seat. If you are working on weight loss and dietary control the refrigerator door may be a good location with the proviso that the door is not opened until the affirmations are read.

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