

# **Affirmations 101**

## **A Primer**

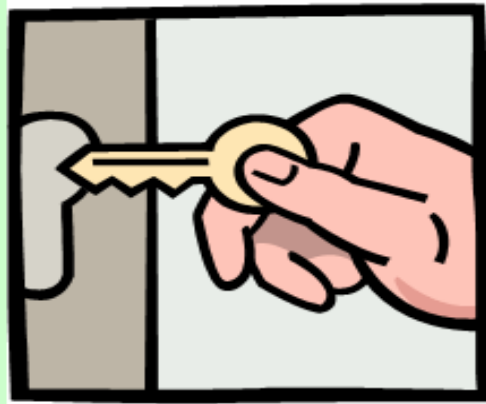
**Anne Marie Evers**

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# **Welcome to the Wonderful World of Affirmations**

**Where DREAMS really can  
and DO come true!**



## **Kids Affirmation Program**

**Today we will be sharing the secret key to unlock  
the door to being the very best you can be.  
What you genuinely want is already in your subconscious  
mind or the desire would not be there.**

**This program shows you exactly how to access and harness  
the power of your thoughts and mind to make your  
fondest dreams come true!**

**Now lets get on with the Program .....**

# Affirmations

## What is an affirmation?

**An affirmation is a like a birthday wish or a goal that is more structured and specific.**

## Who does affirmations?

**Everyone, moms and dads, grandmas and grandpas and KIDS do, brothers, sisters, and friends too!**

## Where does one do affirmations?

**At home, at work, at school, at play!**



## Additional Notes

### What is an affirmation?

**It is a wish or goal only it is more structured and specific.**

**To affirm is to make firm.**

**Simply put, the basis of all affirmations is positive thinking**

### Who does affirmations?

**People of all ages -- a small child of 4 to a great-grandmother of 104 can do affirmations.**

### Where?

**You can do affirmations anywhere you please.....**

**Sitting in a doctor or dentist's office, waiting in line at a grocery store, at home, at work, or just anywhere.**

**The best time to do affirmations  
is the *first thing in the morning*  
and  
the *last thing before you go to bed.***

# Affirmations

**When does one do affirmations?**

**At least twice daily or more and for a 21 day period to form a new positive habit.**

**Why does one do affirmations?**

**To change a habit, to improve your life, to get clear about what you want and get it!**

**How does one do affirmations?**

**Follow the Personal Affirmation Contract Method.**



## Additional Notes

**When**

**You can do affirmations any time you wish.**

**Do them while waiting in the doctor's office, waiting for a lunch appointment.**

**For best results do them *in the morning and evening every day.***

**Why**

**You do affirmations to improve your life and manifest your goals.**

**We do affirmations to release hidden blockages which we could be unaware of and to change our lives for the better and to make our fondest dreams come true.**

**How**

**The procedure of doing affirmations is very simple and consists of**

## 5 Building Blocks

- (1) Forgiveness,**
- (2) Thoughts**
- (3) Mind Power**
- (4) Affirmations**
- (5) Creative Visualization**

# **The Five Building Blocks of The Affirmation Contract Process**

**1st  
Forgive and Release**

**2nd  
Thoughts**

**3rd  
Mind Power**

**4th  
Affirmations**

**5th  
Creative Visualization**



## **Additional Notes**

**These 5 Building Blocks  
are the very foundation  
of your Affirmation Process.**

**To have affirmations work quickly and effectively,  
the foundation must be solid and concrete.**

# **1st Building Block Forgiveness & Releasing**

**Forgiveness/Releasing is very powerful  
Forgiveness is a choice.**

**Forgiveness promotes good health,  
friendships, and happy families.**

**Learn to “Let Go” and “Let Be”**



## **Additional Notes**

**Forgiveness is the first and most important building block.  
Forgiveness is a choice as is not forgiving.**

**When you do not forgive another person,  
you remain focused on them and the problem.**

**Forgive everyone and everything that has ever hurt you!**

**Let go of negativity  
and  
bask in the sunshine  
of  
“LOVE”!**

## **2nd Building Block Thoughts**

**The greatest power is the power of the mind.**

**Thoughts become things  
and attract more of the same.**

***“You cannot afford the luxury  
of one negative thought”***



### **Additional Notes**

**Every thought is a force as real as a current of electricity.**

**Thought is always attempting to find pathways  
through which to create what you want.**

**You cannot see electricity, but you must believe  
in it because you pay your electric bill.**

**You and you alone are in control of your thoughts.**

**You cannot jump into another person's mind  
and think their thoughts for them,  
nor can anyone jump into your mind and think your  
thoughts for you.**

**To be successful you must *harness* and *focus* the great  
and *wonderful power of the mind*.**

**Learn to *Deliberately Control* and *Direct*  
the “powerful thought processes of the mind”!**

# **3rd Building Block Mind Power**

**The mind has two distinct, yet interrelated functions.**

## **Conscious Mind**

**(What you're Aware of – thoughts, ideas, concepts, etc)**

## **Subconscious Mind**

**(Inner Programming – automatic and hidden)**

**“Accentuate the positive, negate the negative,  
and don't mess with Mr. In-Between”**



## **Additional Notes**

**You have one mind with two distinct, yet interrelated  
functional characteristics.**

**The conscious mind consists of thoughts of which you  
are aware**

**and the subconscious mind consists of  
thoughts that are not readily available to the  
conscious mind.**

**The conscious mind is like the captain of a ship who gives  
the orders and the crew.**

**The subconscious mind is the crew who obeys the captain's  
orders immediately and without question.**

**Your subconscious mind is your humble servant,  
always willing and anxious to please you  
and carry out your orders via your conscious mind.**

**How are you instructing your subconscious mind?**

## **4th Building Block Affirmations**

**It takes 21 days of consistent practice  
to create a new habit**

### **When Creating an Affirmation**

- 1. Use only positive terms**
- 2. Must be to the good of all parties**
- 3. The importance of focused repetition**
- 4. Don't be overly attached to the outcome**
- 5. Use your 5 senses**
- 6. Revise your affirmations as required**



### **Additional Notes**

**Affirmations are natural.  
They are orders for change, decrees or statements affirming  
what you desire.**

**The proper use of affirmations allows  
you to take control of your life using 5 building blocks.**

**If you ever had a birthday cake with candles  
and blew out the candles and made a wish, you have done  
an affirmation.**

**Whenever you are goal-setting with powerful,  
focused intent, you are actually doing a form of affirmations.**

# **5th Building Block Creative Visualization**

**Coaches, Professional Athletes, and  
other successful business people  
have mastered the  
Art and Science of Creative Visualization.  
Thinking, feeling & talking in pictures  
Imagination and Other Creative Methods  
Use all of your 5 senses when visualizing.**



## **Additional Notes**

**Affirmations are natural.  
Creative Visualization is using the mind's natural  
ability to be creative.  
Creative Visualization is a structured  
and directed way of using your imagination.  
Many elite athletes (ie. Tiger Woods)  
use Creative Visualization to achieve their goals.  
Your mind does not know the difference between  
a real and imagined event and stores it as actually  
taking place, for example your dreams.  
Thinking in pictures (Creative Visualization)  
is one of the basic activities of being human.**

# **The Four Steps to Doing Master Affirmations**

**Step One – Soil Preparation  
(Forgiveness and Release)**

**Step Two – Planting the Seed  
(Affirmation Contract)**

**Step Three – Water & Fertilizing  
(Daily Reading - at least 2 times per day)**

**Step Four – Expect the Harvest  
(Visualize using your 5 senses)**



## **Additional Notes**

### **Step 1 - Soil Preparation**

This is where you prepare the rich, fertile soil of your subconscious mind to receive the tender seed (Master Affirmation) by releasing and forgiving.

### **Step 2 - Seed Selection**

Create your Master Affirmation, saying exactly what you desire. Make it colourful, as colour wakes up and excites the subconscious mind.

**Step 3 - Water and Fertilize your Seed (Master Affirmation)**  
by reading it over every morning and every evening.

### **Step 4 - Anticipate the Harvest**

Step ahead 2-3 weeks or months and experience the affirmation as you desire happening as affirmed. (Bring in your 5 physical senses).

## **The Believe-Ability Factor In Business - Who is in charge?**

**I have 49% - the other has 51%**  
(The other has the controlling interest)

**I have 50% - the other has 50%**  
(Stalemate unless both agree)

**I have 51% - the other has 49%**  
(I have controlling interest)

**You must have a least a 51% believe-ability factor  
for your affirmation to succeed!**



### **Additional Notes**

**Again, think about it!**

**If you are in a partnership and your partner has 51%  
and you have 49% -- Who is in charge? (Your partner)**

**If you are in a partnership where you both have 50% --  
Who is in charge? (No one – it's a potential stalemate).**

**If you are in a partnership where you have 51% and your partner  
has 49%-- Who is in charge? (You are!)**

**You may need to cultivate  
your believability factor!**

# Sample Master Affirmation Contract

**“I, (your name) deserve and now have/am**

\_\_\_\_\_

\_\_\_\_\_

**to the good of all parties concerned.  
Thank you, Thank you, Thank you.”  
I fully accept**

**Signed** \_\_\_\_\_ **Date** \_\_\_\_\_  
**Witness** \_\_\_\_\_ **Date** \_\_\_\_\_



## Additional Notes

**Place a picture of what you are desiring at the top of the page  
(this gives your subconscious mind something upon which to focus).**

**Be certain that your Master Affirmations contains the 3 P'S  
(1) Positive (2) Personal and (3) Present Tense.**

**If you write, “I will have, you are putting the result you desire  
off into the future.**

**When you date and sign your Master Affirmation, you have made  
a firm and binding contract with yourself and the witness.**

**A cheque (check) is worthless unless it is dated and signed.**

# **Master Affirmation Contract Checklist**

**Does it contain the 3 P's?  
(Personal, Positive, and Present Tense)**

**Is it worded, "to the good of all parties  
concerned" ? (Safety Clause)**

**Did you say "thank you" three times?**

**Is there at least a 51% believe-ability factor  
that your affirmation can become a reality?**



## **Additional Notes**

**Be sure that it contains the 3 P'S**

**To the good of all parties concerned is your safety clause.  
When you add this clause to your Master Affirmation,  
the affirmation will not happen unless it is to the good of everyone  
concerned and that includes you!**

**Do you really have that 51% believe-ability factor that your  
affirmation can occur as affirmed?**

**Do you feel that you deserve it?**

# Laws to Think About!

## The Law of Association

(You are judged by the company you keep.)

## The Law of Attraction

(Law of Magnetism - Opposites)

Law of Kind - Like attracts Like)

## The Law of Cause & Effect

## Law of Action and Reaction



### Additional Notes

**The Law of Association -- It is so important with whom you associate. Make sure that your friends are supportive and uplifting. Remember you are identified by the company you keep, it is your choice. You are the sole decision maker and fully accountable and responsible for the your choices.**

**The Law of Attraction -- The Law of Magnetism -- The most common law of attraction that we are most familiar with is that opposites attract (in science the N. Pole attracts the S. Pole). Human relationships sometimes follow this law.**

**The Law of Kind -- The second law of attraction is that like attracts like. In the natural world you will notice that similar species cluster together. In human relationships people of a similar mind set and/or behaviour pattern group together.**

**The Law of Cause and Effect is another one of the natural laws. It says that what you do is the cause and what happens is the result of that cause (effect). What you sow is what you reap!**

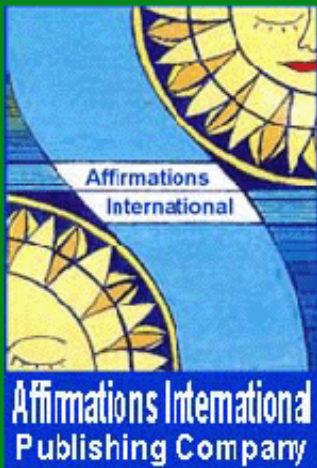
## **AFFIRMATION RULES**



- 1. Never hurt or take from anyone.**
- 2. The Affirmation Contract must be worded to the good of all parties concerned.**
- 3. Must be realistic.**
- 4. Must have at least a 51% believe-ability factor that the affirmation can happen.**

### Additional Notes

**We must adhere to these very important Affirmation Rules when doing the Affirmation Contract Process to get the desired results.**



# Contact Information

**Affirmations International  
Publishing Company**

**4559 Underwood Ave.,  
North Vancouver,  
British Columbia,  
Canada V7K 2S3**

**Toll Free 1-877-923-3476  
Fax - 604-904-1127**

**[www.kidspower.ca](http://www.kidspower.ca)**