

**Make Your Wishes Come True!**  
**How to Write and Use Positive**  
**Affirmations**



# Make Your Wishes Come True!

## How to Write and Use Positive Affirmations

In order to know what information is coming from your subconscious, all you have to do is look around you. It is likely that you will see where you have an easy time achieving and where you may be challenged in your life. If and when you notice there are areas you would like to address, writing and using positive affirmations is an extremely powerful tool for achieving any goal, whether it be related to spiritual well-being, career, finances, mental health, physical health, or relationships.

When first entering the world of positive affirmations, it is important to not overstretch the “rubber band”, ie. what you want to accomplish. For instance, if you want to make more money, do not make an affirmation that has you making a million dollars by the end of the month. For most people, that would be too big of a stretch and will lead to unmet expectations and negative self-talk. Instead, consider setting your goal with a modest increase in work hours, pay, or performance, or a modest decrease in the money that you spend. Once you have accomplished your new goal, consider stretching the “rubber band” a little further.

Here are some suggestions to be most successful when writing and using your positive affirmations:

- Write them in the first person (I have... I am..., etc.) and in the present tense (right now) as if you have already achieved your goal.  
Ex. I am peacefully navigating life with radiant health and abundance.
- Keep them somewhere you can find them easily. Read them twice a day, preferably when you first wake and just before you fall asleep. The dreamy alpha state that you experience at those times makes affirmations be absorbed more easily into your subconscious mind.
- In the beginning, write and use only 2 or 3 affirmations at a time. When you get used to the process and have had some success, then you can write more.

- Do not share them with people that will judge them. This is a delicate process. One negative comment can completely shut down the successful realization of your dreams.
- When reading your affirmations, consider the following action steps:
  1. Read the words (if possible, out loud).
  2. Picture the scene of you achieving your goal (visualization).
  3. Feel the emotion of achieving your goal. Feel the thrill of the realization that "You did it!"
- When reading affirmations, conjuring emotion around achieving your goal is crucial. In step 1, you are receiving about 1% of the full effect of the affirmation. In step 2, you are receiving about 10% of the affirmation's effect. It is not until Step 3 when you experience the emotional hit of actually having achieved your affirmation that you will get 100% of the positive effect from the affirmation.
- In order to supercharge the emotion of your affirmation statement, you can add descriptive adjectives such as those listed in the Action and Emotion Words Table (page 4).
- The well-written, finished affirmation will conjure up in your mind the scene of when you have completed your goal. It has already happened! You are in the thrill of having completed your goal. Embody your achievement!
- Now that you understand how to be successful when writing and using your positive affirmations. Proceed to the pages below and create your own. Go for it!

## Affirmation Writing Worksheet

<b>Current Reality "The Problem"</b>	<b>Loss Created by "The Problem"</b>	<b>The Solution "Positive Opposite"</b>	<b>Gain Created by "Positive Opposite"</b>	<b>Affirmation: Solution + Gain</b>
A statement describing the "now"	What is the "now" costing you? - Effect on you - Feeling	What does it look like without the problem?	What does the desired state "give" me?	A description of a picture - Words with emotion - Spirit of intent, power
I spend an inadequate amount of time planning and organizing my activities	Spending an inadequate amount of time is having a serious effect on my overall performance, and makes me feel out of control, less confident, and powerless.	I use the time I have to plan and organize my activities fully.	This is having a beneficial effect on my performance and my contribution to this organization, and makes me feel confident and powerful.	I am a high-performance person, and I masterfully plan and organize all of my activities.

## Action & Emotion Words

Accomplished	Considerate	Exceptional	Immense	Nourishing	Reputable	Supportive
Achieve	Constructive	Exciting	Important	Outstanding	Resourceful	Sure
Acknowledge	Cooperative	Expectant	Impressive	Passionate	Respected	Swift
Adaptable	Courteous	Exploding	Independent	Patient	Respectful	Sympathetic
Admire	Creative	Expressive	Industrious	Peaceful	Responsible	Systematic
Adventurous	Curious	Faithful	influential	Perceptive	Reverent	Tender
Affectionate	Decisive	Famous	Ingenious	Preserving	Rich selective	Terrific
Alert	Delightful	Fantastic	Innovative	Pleasurable	Self-confident	Thankful
Amazing	Dependable	Fascinating	Inspiring	Positive	Self-reliant	triumphant
Articulate	Deserving	Fearless	Intelligent	Powerful	Sensitive	trusted
Assured	Determined	Flexible	Intense	Practical	Serene	Trustworthy
Attentive	Devoted	Forgiving	Intentional	Praiseworthy	Sharing	Truthful
Awesome	Diligent	Fortunate	Intuitive	Precise	Significant	Understanding
Beautiful	Diplomatic	Friendly	Inventive	Prepared	Simple	unforgettable
Blissful	Disciplined	Fulfilling	Joyous	Prestigious	Sincere	Universal
Brave	Dramatic	Fun	Just	Principled	Skillful	Uplifting
Brilliant	Dynamic	Generous	Kind	Privileged	Smooth	Valiant
Calm	Eager	Genuine	Knowledgeable	Productive	Sociable	Vibrant
Capable	Easy	Gifted	Lively	Professional	Sophisticated	Victorious
Caring	Effective	Giving	Loveable	Progressive	Sparkling	Vigorous
Charming	Effortless	Glorious	Loving	Prosperous	Spectacular	Virtuous
Cheerful	Elegant	Grand	Loyal	Proud	Spirited	Visionary
Clear	Eloquent	Great	Luminous	Punctual	Spiritual	Vivacious
Clever	Embrace	Growing	Magnetic	Purposeful	Splendid	Warm
Colorful	Encouraging	Happy	Magnificent	Qualified	Spontaneous	Welcome
Comfortable	Endearing	Harmonious	Meaningful	Radiant	Stable	Wholesome
Compassionate	Enduring	Healthy	Memorable	Realistic	Steadfast	Winner
Competent	Energetic	Helpful	Modest	Receptive	Steady	Wonderful
Complete	Enjoyable	Honest	Motivated	Refined	Strong	Worthwhile
Composed	Enlightened	Honorable	Musical	Refreshing	Strengthen	Worthy
Concise	Enterprising	Humble	Natural	Regal	Stunning	Youthful
Confident	Enthusiastic	Humorous	Neighborly	Relaxed	Successful	Zestful
Conscientious	Excellent	Idealistic	Noble	Reliable	Superb	

# Any Questions?



Dr. Sandy is offering a limited number of free 15-minute consultations to the AVAIYA community via phone or Zoom. Should you need assistance with your affirmations or in balancing blood chemistry due to mood imbalance, please reach out using the contact information below. It is very likely Dr. Sandy can help you.



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