

HOW TO CREATE AND USE AFFIRMATIONS TO TRANSFORM YOUR MINDSET

Sections:

- What is an affirmation?
- Why do we need affirmations?
- How do I create my own affirmations?
- How do I use/apply an affirmation?

OVERVIEW

There is an invisible barrier stopping us from progressing on most of our goals and ambitions. Sure, we can daydream and imagine how this or that could be better, and we might even get excited and set a big goal on the horizon.

But when the rubber hits the road and it comes down to applying the daily actions and habits that will lead to this great new goal, that initial enthusiasm runs out pretty quickly. We've hit the invisible wall that's been constructed in our subconscious mind about what is and isn't possible for us. This wall is called a paradigm.

There is a powerful tool we can use to construct NEW paradigms that will actually let us step into bigger versions of ourselves. The versions of ourselves we need to be to achieve these new goals. Affirmations are the tool. In this course, we'll learn how to create and use personalized affirmations that help us LEAP over the walls of limitation in our subconscious minds to our bigger selves.