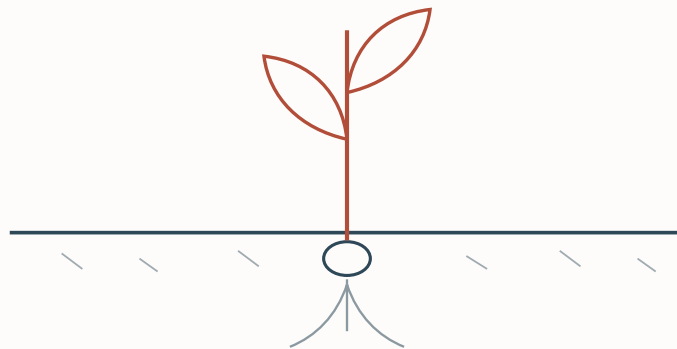


BRIGHTER LIFE MEDIA

The Affirmation Action Worksheet

Reprogramming your subconscious mind



Most of this worksheet is blank on purpose. The blank part is the point.

Before you start

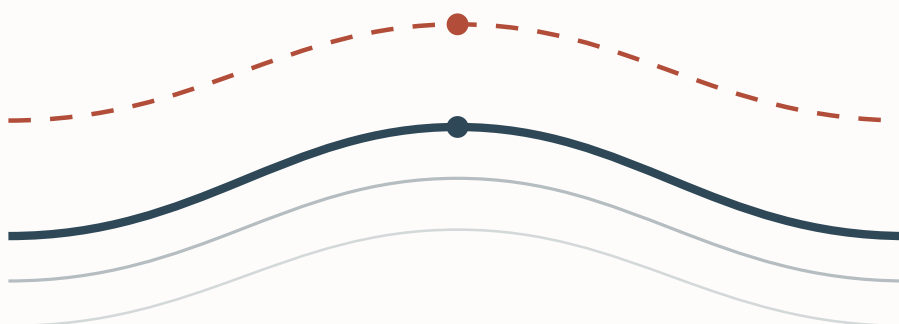
I have used affirmations every day for more than forty years. I am not going to pretend that makes me disciplined, because it does not. A couple of years ago I stopped using one particular set of them, the ones for weight control, and I put weight on. That was not a lack of willpower. It was simply not maintaining a good habit.

So the honest thing to say about this worksheet is that filling it in is the easy half. The harder half is doing it on the days you would rather not. Most people stop somewhere in the third week.

How to work through it

Part 1 is about what is already running in your head. **Part 2** is what you want running instead. **Part 3** is when and where you will actually do it, which is the part most people skip, and the reason most people stop. **Part 4** is thirty days of keeping score.

Take your time over Part 1. It is the least comfortable section and the most useful.



A worn path is easy to follow. A new one has to be walked before it exists.

What is already running

O1

Messages I struggle with

Think of the things you say about yourself so automatically that you have stopped noticing them. Feelings of failure, childhood fears, old conflicts, hurtful relationships.

Write them as you actually hear them in your head, not as you would explain them to somebody else.

O2

How they hold me back

Be specific rather than general. Not "they make me negative", but what you did not apply for, did not say, did not start.

Am I in the back seat on my journey through life?

What is already running

03

Where my time actually goes

An honest audit of the hours, not the intentions.

Am I attracting health, wealth and success in all aspects of my life, or am I mostly maintaining the situation I already have?

04

Who I surround myself with

Do I seek out positive information, people and situations?

Who do I come away from feeling heavier, and who do I come away from feeling lighter? You do not have to do anything about the answer yet. Just write it down.

05

What I want to attract

What do I want to visualise and affirm?

Write the real answer rather than the respectable one.

Writing your own affirmations

Four rules. They are not complicated, but the third one is the one almost everybody gets wrong, and it is the difference between an affirmation that works and one that bounces off.

1 First person, present tense.

Write it as though it is already true. "I am", not "I will be". "I will" puts it permanently in a future that never arrives.

2 Positive wording only. No negations, ever.

Your mind has to picture whatever you have just named, so naming the thing you do not want puts it in front of you.

"I am not anxious in meetings" becomes **"I am calm and steady in meetings."**

"I do not eat rubbish" becomes **"I enjoy food that leaves me feeling well."**

3 Name the behaviour, not the outcome.

This is the one. Here is an affirmation I actually use, and you will notice something about it straight away.

I find it easy to eat a healthy balanced diet, and I enjoy the variety and taste and satisfaction that I derive from that discipline.

Nothing about weight. Not a pound, not a number, not a target. It names the activity that leads to the result rather than the result itself, and that is deliberate, because I still have to take the action. The affirmation does not do it for me.

4 Make it believable today.

"I am incredibly productive" will bounce straight off if today says otherwise. "I can do one small thing right now" is fair, it is true, and it points at the exact behaviour you are stuck on.

Where to start, if you are asking me

Start with confidence. I did, and I would suggest the same for you. Strong confidence is the bedrock for everything you add later, because if you are not confident you can do a thing, will you even try it?

So begin with affirmations that build your self-confidence, and give it two weeks at least. I would rather you gave it a full month and really committed to it. Then, and only then, move on to specifics like weight, money or relationships.

And when you do move on

Do not stop the confidence ones. Keep them in. Remember what I said about maintenance.

My affirmations

Write three to five. Not more. A short list you say daily beats a long list you abandon.

- 1

- 2

- 3

- 4

- 5

Check each one before you go on

Present tense? Positively worded? Naming a behaviour rather than a result? Believable today?

When and where I will actually do this

This is the section that decides whether any of the above happens, so do not skip it.

I like to mix reading them with listening to them, because the two are different kinds of input. I have a lot of mine recorded on my phone. The audio ones are the easy ones to fit into a day, and here is honestly where mine go:

- While I am shaving in the morning
- In the shower, on a waterproof speaker
- In the car
- At night, through a pillow speaker

None of that required setting time aside. It went into time that was already being used for something else. That is the trick, if there is one, and it is why I have managed forty years of it rather than three weeks.

My plan

Morning

Evening

I will use reading / listening / both

If I use audio, where will it play?

What is most likely to stop me, and what will I do when it does?

One more thing about timing

Pick times that are already fixed points in your day. A time that depends on you remembering is a time you will eventually forget.

The thirty days

Tick a box for each day you do it. Both times counts as one tick. Missing a day is not failure, it is data.

WEEK ONE

☐	☐	☐	☐	☐	☐	☐
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WEEK TWO

☐	☐	☐	☐	☐	☐	☐
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WEEK THREE

☐	☐	☐	☐	☐	☐	☐
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WEEK FOUR

☐	☐	☐	☐	☐	☐	☐
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DAYS TWENTY-NINE AND THIRTY

☐	☐
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Day twenty-one: the one to watch

This is where most people stop, which is why its row is marked.

Nothing dramatic happens at week three. That is exactly the problem. The novelty has gone and the results are not obvious yet, so it starts to feel like a pointless five minutes. Carry on anyway. The effect is cumulative, and in my own case I did not notice anything until I noticed several things at once, and only then worked out what had caused them.

Checkpoints

07

Day seven

Which affirmation felt least believable when you said it out loud? That is usually the one closest to something true, so consider rewording it rather than dropping it.

14

Day fourteen

Has anything changed that you would not have connected to this? Small things count. A conversation you had that you would normally have avoided, something you started without the usual delay.

21

Day twenty-one

Am I still doing it? If not, what got in the way, and which of my two fixed times do I need to change?

30

Day thirty

What are you keeping, what are you rewording, and what one new area are you adding next month while keeping the confidence ones running?

Why I still do this

I have to take medication every day for a heart condition. If I skip it today, nothing happens. If I skip it tomorrow, nothing happens either. You can see where I am going with this.

That is the closest thing I have to an explanation for why I still use affirmations after forty years. There is a great deal of negativity coming at you from the world, and this is one of the few things that guards against it. But the guard wears down if you stop topping it up.

I am describing my own case and not giving medical advice. Affirmations are not a treatment for anything and are no substitute for medication or care from a health professional. The comparison is about the pattern of daily maintenance, not about what they can treat. If you have a health condition, follow your doctor.

*Thirty days is not the finish line.
It is just long enough to find out whether you will keep going.*

ONE MORE THING, AND IT IS FREE

A vision board is the same instruction you have just written down, given in pictures instead of words. That is genuinely all it is, and it is why the two belong together. I put a free guide together about it, along with what to do first with this worksheet.

brighterlifemedia.com/worksheet-next-step.html

If you want the whole method in one place, I wrote it down.
The Power of Positive Affirmations is on Amazon Kindle.

amazon.co.uk/dp/B0FMFFGW79

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