

6 Easy Steps to Writing Effective Affirmation Statements

1. Begin with the words "I am," which are very powerful. Your [subconscious brain](#) takes those words as a command to begin working on whatever follows those two words.
2. Keep it in the present. You want your subconscious mind to see your goal as existing. If you phrase it in the future tense, you're training your subconscious to keep you in a state of waiting for something to come. Here's an example: "I am energetic and alive at my ideal weight of 175."
3. Keep it positive. Remember we're talking about positive affirmations here. To create an effective affirmation, state what you want. Your subconscious mind thinks in pictures, so you want to avoid thinking about what you don't want. For example, if you state that you are no longer sick, you probably still get a picture in your mind of you being sick. Rephrase it to say what you want instead. If you want to be healthy, say so. Try something like "I am healthy and energetic. My body is in perfect working order."
4. Keep it short. Just because it's easier to remember that way.
5. Be specific. It's hard for your brain to work on making something real if the goal is fuzzy. It's also hard for you to measure how far you've come in achieving your goal if you're not specific about what you desire. Specifying 175 in your weight goal, for example, is better than simply saying you want to be slimmer.
6. Put some emotion into it. What would it feel like to achieve your goal? Try to come up with one or two key emotions and include those in your affirmation. If you look again at the weight example above, you'll notice it included the feelings energetic and alive. If you're having trouble figuring out exactly what it would feel like, just use the words happy and grateful. Example: "I am so happy and grateful now that I've reached my goal of weighing 175."