

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

2 Affirmations You Should NEVER EVER Use!

By Gordon Bryan

2 Affirmations You Should NEVER EVER Use! by Gordon Bryan

Right then, affirmations.
In fact, GOAL affirmations.

Listen, it's no good rolling your eyes and saying 'Here we go', I can see you from here!

Actually, here's a good exercise:
If I ask you, right now, to go and fetch me your written list of goals, could you?
Yes?
That's good!
No?
That's bad!

And if not, put any cynicism aside for a while and read on.....

A goal affirmation is where you have a statement or goal written down, and you read them to yourself at regular intervals, usually morning and night.
You also have one or two of them as your 'mission statement', which you can reel off at any time.

Do they work?
Well, yes they do, actually.

How do they work?
Blimey, what do you think I am, a psychologist?

2 Affirmations You Should NEVER EVER Use!

Basically it's to do with a big battle between the conscious and the subconscious minds.

Oooh it's a big bust up I can tell you, its like 'Lord of the Rings' on acid.

The subconscious mind will believe what it is told by the conscious mind, and unfortunately our conscious minds are programmed by society to not fulfill our full potential.

Paradoxically though, the subconscious mind will *not* believe certain things.....

This is important, and bearing that in mind, you need to be very

careful about how you word the affirmations.

Personality affirmations need to be in the present tense. Materialistic affirmations need to be in the future tense, and time specific.

Ok, you know me, I don't like messing around, here's examples.....

GOOD – If you say 'I am a strong and worthy person', your subconscious mind believes it, and will act accordingly.

BAD – If you tell it that 'by Dec 31st I will be a strong and worthy person', oh dear oh dear.

This is no good, in fact it is damaging, because firstly you don't suddenly cross a finish line and become strong and worthy, and secondly it is telling your subconscious that at present you are *NOT* strong and worthy, and it will act accordingly!

GOOD – 'By Dec 31st 2003, I will have doubled my yearly income'. Your subconscious will accept this as feasible, and will work towards it, and direct you correctly, waking you in the night with 'Eureka!' moments.

BAD – 'I have a million pounds in my account.'
The subconscious will recognise this as simply not true, and will merrily ignore it.

You might as well say the moon is made of cheese in your affirmations for all the good it will do you.

2 Affirmations You Should NEVER EVER Use!

There! 4 examples, short and sweet, and I hope you can see the differences.

It's only little changes, but they can have drastic effect on your success.

Using affirmations which are worded wrongly will sabotage all your efforts.

Use them correctly and outloud, and you will get so much of what you want, you will have to pinch yourself to believe it!

Er, what was that – OUTLOUD???

Oh yes, you need to say them outloud.

You may think it's silly, and sure enough you will feel absolutely ridiculous the first few times you do it, but I am telling you here and now, it works, it is a psychological trick on yourself, and is

another essential piece of the big jigsaw.

Or a Rubik's cube if you like.

Yes, that's it, imagine affirmations as completing the blue side of a Rubik's cube.

Hhhm, I know I'm going off on one of my wanders here, but bear with me.

Self improvement, goal achievement, wealth creation, the 3 things I feel passionate about, it's all a big learning process. 2 steps forward, 1 step back, and then suddenly it all clicks, and then like me, you'll be fit to burst, and shouting it from the rooftops!

So be careful you don't use incorrectly worded affirmations!

*****Gordon Bryan's new book, 'Transform Your Life in 21 Days!has been described as 'a must read', 'awesome', and 'a true gem'.If you liked this article, see the book for yourself at:<http://www.transformyourlifefor.com>*****

Reverse Affirmations: How Self Motivation Sells!

By Larry Dotson

Reverse Affirmations: How Self Motivation Sells! by Larry Dotson

2 Affirmations You Should NEVER EVER Use!

A reverse affirmation is a positive statement that you tell your readers to tell themselves. You would write it in present tense like they've already solved their problem or completed their goal.

For example:

Now, tell yourself "I am a wealthy business owner."

Say to yourself "I learn very quickly."

The reverse affirmations should be the benefit your product will accomplish. For example, if you are selling an ebook on how to catch more fish.

The reverse affirmation could be:

Now, tell yourself "I am catching a lot of fish."

You can implant the affirmation in your prospects mind by suggesting they say it to themselves over and over as they read your ad copy.

For example:

As you keep reading this ad, repeatedly say to yourself "I am catching a lot of fish", "I am catching a lot of fish."

You can also tell them to say it out loud. Which can get them even more excited about your product.

For example:

Say to yourself out loud "I learn very quickly."

If you'd rather have your prospects imagine the future you can use a different reverse affirmation.

For example:

Tell yourself "I'm going to eat pizza tonight."

The reverse affirmation will allow the prospects to easily imagine any visual scene they want.

2 Affirmations You Should NEVER EVER Use!

Make your reverse affirmations short as possible and use emotional words because they'll be easier to remembered. If they don't order the same day, they may remember to order in the future.

Also, don't forget to tell yourself daily affirmations to help you reach your goals and improve your life and business. Now, tell yourself "I am visiting the web site address below."

FREE eBook! "Hypnotic Sales Letters: 92 HypnoticSales Letter Templates!" Just add your product infoand...BAM! You've just written a hypnotic salesletter in a few minutes! Visit my site to download it:<http://www.ldpublishing.com>



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

2 Affirmations You Should NEVER EVER Use!

