

Health

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Don't fall into a pattern of thinking negative thoughts

How many times have you said to yourself, "Regardless of what I do, I just can't lose weight." Or, "I never get what I want." Or maybe you continually put yourself down for all the things you feel you should be or ought to be. The more you think these negative thoughts about yourself and your state in this world, the more you create your own reality. If you can change the way you think about yourself, you can replace the old reality with a new one.

Affirmations are the most powerful and proven way to change our limiting thoughts. Affirmations are positive statements aimed at supporting our goals and the outcomes we want for our life. By repeating affirmations over and over, the mind gradually replaces the old, negative self-image and beliefs with new, positive thoughts. Affirmations are used to help you empower yourself to move through emotional blockages that reside in your mind and limit your opportunities to experience life to the fullest.

Every time you make a mental affirmation, your mind hears it and moves toward the reality of that statement. The mind does not filter; it just acts on your statements. It is important, therefore, that you feed yourself positive thoughts about who you are.

A great way to start is to make a habit of using this classic affirmation: "Every day, in every way, I am becoming better and better." Ignore any skepticism that arises inside you when you start doing this. That's just the automatic response that comes from resistance to change. Remember, for every action in life, there is an opposite and equal reaction. When you launch into an action that will cause change, resistance to change can manifest as the automatic opposite reaction. Just carry out your action regardless. Keep going with your daily affirmations, and this will become a habit that constantly improves your life.

To start, create three or four of your own affirmations and write them all down on two 3-by-5 cards. Keep one card at home and one at work. Repeat them at least three times a day. Let each affirmation thoroughly sink in before you read the next. Some examples of affirmations may include:

- "I am relaxed, smile often and chuckle inwardly about life's small dilemmas."
- "I have discipline and make healthful choices concerning my health and diet."
- "I aspire to radiate energy, confidence, wisdom and love."
- "When I set my mind to do something, I do it."
- "I enjoy the taste of healthful foods and have an aversion for junk foods."
- "I enjoy physical activities: yoga, hiking, even housework and lawn work."
- "I set a good health example for the rest of my family."

Other techniques to use with your affirmations include: 1) If your "self-talk" is particularly negative, keep a daily journal of negative thoughts. Every time your inner voice is self-critical or negative, write it down. Notice patterns over time. 2) Teach yourself positive self-talk by replacing each negative comment you are tempted to say to yourself with something positive. 3) Make a long list of your positive traits and celebrate one each week. 4) Find reasons to celebrate life every day. 5) Learn to do something nice for yourself - pamper yourself. 6) Practice gratitude by learning to appreciate yourself and the people in your life.

There is a beautiful saying by Dr. Wayne Dyer: "Don't die with your music still inside you." Listen to your inner voice and learn to embrace who you are. The past is over, along with all our failings, faults and regrets. Release them and focus on now. Vow to yourself to do things differently, to make a difference in the world. Move forward and let go of "disempowering" thoughts such as guilt, shame, fear and anger that only bring you down and stop you in your tracks. Thoughts that empower you are peace, joy, love and acceptance. Make a conscious decision to take charge of your thinking and to treat yourself as if you already are what you'd like to be. The first person who has to believe in you is you.