

Affirmations 101

Fall 2021 Colloquium
Realization Project Fellowship
Wednesday, October 27, 2021

Potential is never realized without work.

What do they all have in common?



Learning Objectives

- To remember what affirmations are and why they are important
- To understand 4 keys to attainment
- To engage and adopt affirmations of choice

What are AFFIRMATIONS?

- **SELF-TALK; INTERNAL DIALOGUE**
- **Consciously** choosing words that will either help eliminate something from your life or help create something new in your life.

**Everything you
say and think is
an AFFIRMATION!**

“...I am now taking
responsibility....”

“...I am aware that there is
something I can do to change....”



He who cannot command himself
shall obey. And many a man can
command himself, but much is still
lacking before he can also obey
himself!

Friedrich Nietzsche

Four Steps to Effective AFFIRMATIONS



1. Want It
2. Ask For It
3. Intend It
4. Work For It

1. YOU GOTTA WANT IT

- Where do you want to be in a year?
- What are you tired of and ready to change?
- What would make you happy?
- What do you really, really, really, really want?

"The starting point of all achievement is desire.

Keep this constantly in mind.

Weak desires bring weak results, just as a small fire makes a

small amount of heat."

-- Napoleon Hill, author

 **SUCCESS**
storm.net

2. Don't Be Afraid to ASK FOR IT



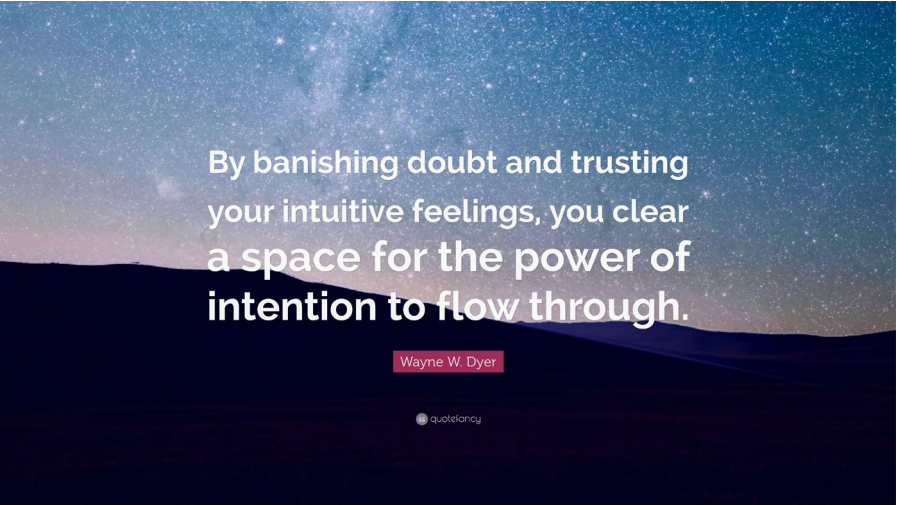
**“YOU HAVE NOT
BECAUSE
YOU ASK NOT.”**

STEVE HARVEY, #426

LISTEN NOW!




3. Remember to INTEND IT



By banishing doubt and trusting your intuitive feelings, you clear a space for the power of intention to flow through.

Wayne W. Dyer

quoteagency

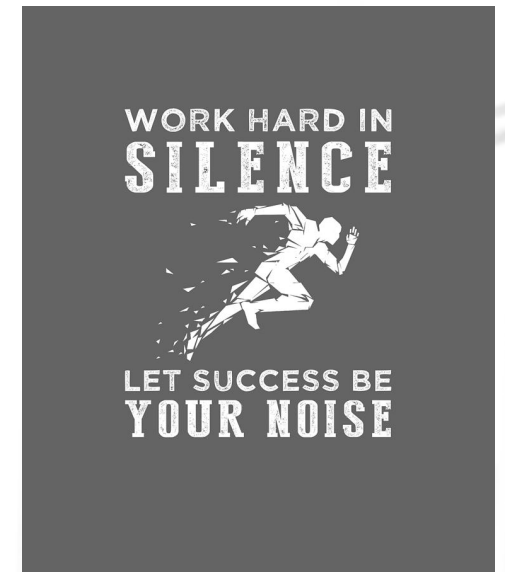


Good intentions are useless until they are expressed in appropriate action!

Napoleon Hill

QuoteAddicts

4. WORK for it...everyday



work hard now. it'll pay off later.



Repeat Affirmations at Least Twice a Day

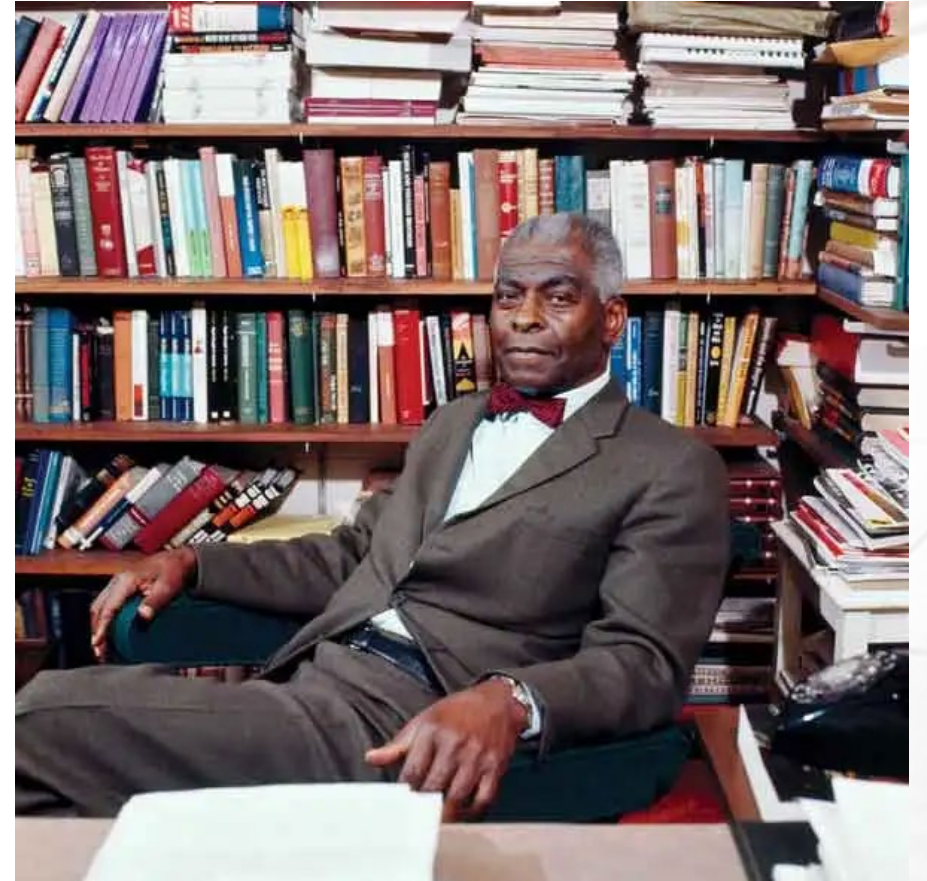
“I am excited about...” + [your goal]

More Affirmations

- 1) “I deserve what I desire”
- 2) “I am more than what bothers me. I am more than my troubles”
- 3) “I am entitled to have things improve in my life”
- 4) “It is my desire to keep my promise regarding all of my financial obligations”
- 5) “I am excited about [doing 50 burpees a day for the next 64 days]...”

Benjamin Elijah Mays 1894-1984

- Born in South Carolina; parents formerly enslaved
- Father wanted him to stay on the farm
- Started High School at 19
- Earned PhD at 37
- Dean, Howard U. School of Religion (1934-1940)
- President, Morehouse College (1940-1967)
- Mentor to Martin Luther King, Jr.
- President, Atlanta Board of Education (1970-1981)
- Wrote 4 books
- Received 30 honorary doctorates



The one who starts behind in the great race of life must forever remain behind or run faster than the one in front.

-Benjamin E. Mays