



WHY AFFIRMATIONS ARE SO POWERFUL!



by

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Dedication

This little book about affirmations is a gift of thanks to my wonderful website visitors who constantly shower me with beautiful messages. Your loving feedback makes my heart sing. Let me now shower you with one of my favorite affirmations...

THANK YOU!
THANK YOU!

WHY AFFIRMATIONS ARE
SO POWERFUL!

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I.

AFFIRMATIONS RUN DEEP, DEEP, DEEP

"I choose the path of trust. I understand that I have little control in the external world. But I do have control of my reactions to it all."

Susan Jeffers

One of my favorite tools for pushing through my fears and other negative emotions is the positive affirmation. (This is no surprise to those of you who are familiar with my work!) I have used affirmations for such a long time (over 30 years!) that I often find these uplifting and soothing thoughts roaming inside my mind throughout the day keeping me in an upbeat, loving state. And if I find myself fearful or upset about any situation in my life, I simply begin repeating an appropriate affirmation over and over again until peace envelopes me like a warm blanket. Delicious!

As I explain in *Feel the Fear and Do It Anyway*, an affirmation is a strong, positive statement telling us that "all is well," despite what the negativity of the mind may be saying to us. With constant repetition of this uplifting and soothing statement, the voice of doom and gloom that roams through our mind is replaced with thoughts of peace, power and love. Yes ... all *is* well.

I believe that one of the reasons that affirmations are so powerful is that, by replacing negative thoughts with positive thoughts, we are actually moving ourselves from the weakest part of who we are (the Lower Self) to the

strongest and most loving part of who we are (the Higher Self). I can't think of a better place to be!

Another reason that affirmations are so powerful is that they are much more than meets the eye. While an affirmation is only one sentence in length, it has a very deep meaning. As I see it...

An affirmation is an encapsulation of a whole wealth of life-affirming thoughts that remind us that we are inherently powerful and loving and there is nothing to fear.

Let me give you an example: On my desk sits a little picture frame in which I have displayed one of my favorite affirmations...

IT'S ALL HAPPENING PERFECTLY!

When I am feeling fearful or upset about any situation in my life, I have only to notice my "reminder" sitting right before me and I begin repeating this affirmation over and over again. As I do, I can actually feel my body relax as the negative feelings disappear and I truly embrace the thought, **IT'S ALL HAPPENING PERFECTLY.**

You may be thinking, "Susan, how can it be happening perfectly, when so many things don't turn out the way we want them to turn out?" A good question. And when we explore the deep, deep meaning of this affirmation, we find the answer. For me, **IT'S ALL HAPPENING PERFECTLY!** is a shortened version of...

My mind cannot see the larger picture, the *Grand Design*. I don't know why life is happening the way it is, but I will simply trust that all things happen for a reason. Therefore, even if a certain situation is not going the way I want it to go, I will relax and focus on how I can learn and grow from it all. In this way, I become a stronger and more loving person. Yes ... **IT'S ALL HAPPENING PERFECTLY!**

You can see that, with this deeper meaning in mind, the frequent repetition of this simple yet very profound thought, **IT'S ALL HAPPENING PERFECTLY!**, can create a wonderful sense of peace.

By the way, you don't even have to believe the affirmations you are saying for them to have a positive effect—body, mind and soul. For example, maybe you don't feel that **IT'S ALL HAPPENING PERFECTLY!**, even knowing the deeper meaning. Amazingly...

It has been demonstrated that just saying, thinking or writing positive thoughts make us stronger in every way, *whether we believe the words or not.*

Amazing, indeed!

I have also made another very interesting and important discovery...

If you say affirmations often enough, you will ultimately believe them.

The reason for this is that affirmations are a form of "acting-as-if". If you act-as-if long enough, your mind lets in the possibility that something is so. And, ultimately, you are able to embrace the reality that it really is so.

Another example from my own life: There was a time when I really didn't believe that my life made a difference. I had very low self-esteem, indeed. To help myself, I began attending self-help workshops. (In fact, I became a workshop addict!) It was at one of these workshops that I learned the value of affirmations. I was skeptical at first, but I thought, "Hey, there is no harm in trying." One of the affirmations I then began repeating daily over and over again was, "**MY LIFE MAKES A DIFFERENCE**", even though I definitely didn't believe it was true.

And then one day it happened and it was so breathtaking that, even to this day, I remember the moment well. What was it that happened? I was enveloped with a life-changing realization: *"My life really DOES make a difference!"* And tears of joy rolled down my face. And it is this profound realization so many years ago that has guided my actions ever since as I focus on putting my best into everything I do. And, if you think about it, it all started by my repeating an affirmation that I really didn't believe.

This was a lengthy way of telling you that, whether or not you believe the affirmations I present to you in the next section, the mere saying of them will create an energy shift toward giving, loving and embracing. And there is a bonus:

As you begin repeating affirmations over and over again, keeping their deeper meaning in mind, your interaction with the outside world subtly changes. For example, when you say the affirmation "I AM POWERFUL AND I AM LOVING AND I HAVE NOTHING TO FEAR" often enough, you begin to act differently, stand differently, and react to the outside world differently. You become more loving. And the amazing thing is that *you are treated differently!* You definitely draw a healthier, more loving energy into your life. Affirmations are very powerful indeed.

You may be thinking, "Oh, Susan, I'm too busy to add something else to my schedule." Not to worry! The proper use of affirmations takes absolutely no time away from your day. How is this possible? *Because...*

All you are doing is replacing the negativity in the mind with healthy thoughts of peace, power and love.

Read that again! These positive thoughts, which are simply replacing the negative thoughts, can be repeated while you dress, shower, and exercise, while you are sitting at your desk, or taking care of your children, and, of course, as you are going off to sleep.

The key is to remember to say them!

To this end, I suggest you write your favorite affirmations on post-its and put them in your car, on your desk, on your mirror, by your bedside, and so on, so that you are reminded to say them. You can get very creative about this.

One of my students made it a practice to place on each page of a notebook just one affirmation. Each day as she was driving to work, she would pick an affirmation from one of the notebook pages, repeat it ten times, and then flip the page to the next affirmation which she would repeat ten times...and on and on and on. She continued this process until she reached her destination. By the end of her trip, she felt very powerful and loving, indeed! I might add that ultimately she changed her life dramatically. (I should also say that she assured me she did this exercise in her car with driving safety in mind!)

Bad habits are hard to break (and negative thinking is definitely a bad habit!) but break these bad habits, we can. In the beginning, it is best to use affirmations intensively until they become part of your every day thinking. Again, this is easy since, as you now know, affirmations take no time out of your day; they simply replace negative thinking with positive thinking. A very good exchange, indeed!

Let me now offer you 10 affirmations with their deeper meaning as I see it. (As you become more familiar with the deeper meaning of affirmations, you may be inspired to create your own that are based on your own life experiences.)

As an experiment, I urge you to repeat each affirmation, silently or out loud, 10 times after you read the deeper meaning. This is very important. And I have made it easier for you to do this by arranging the page in a way that reminds you. (How quickly we forget!) Now let me make a prediction:

After reading the 10 affirmations...having understood their deeper meaning...and having repeated each affirmation 10 times, you will definitely feel uplifted as the energy in your body moves in the direction of peace, power and love.

I believe that once you see their positive value, you will make affirmations a part of your daily life, as I have made them a part of mine. After all, who can resist replacing the voice of doom and gloom in the mind with thoughts of peace, power and love?! Not me...hopefully, not you. Onward!

II.

10 AFFIRMATIONS AND THEIR DEEPER MEANING

1.

(Affirmation)

ONE STEP AT A TIME IS ENOUGH FOR ME.

(Deeper Meaning)

Step-by-step, I have the power to change all that is not working in my life. With each step I take, I am on the pathway to the best of who I am. Sometimes I go a bit off-course, but I always find my way back again. Peace comes from realizing that all that needs to be done will be done. I just start from the place where I am right now and take it one step at a time. In so doing, I pull myself out of the rut of inaction. I trust the wisdom within my being to show me what needs to be done. And I will do it...one step at a time. I take a deep breath and relax. Yes...

(Repeat 10 times)

**ONE STEP AT A TIME IS ENOUGH FOR ME.
ONE STEP AT A TIME IS ENOUGH FOR ME.
ONE STEP AT A TIME IS ENOUGH FOR ME.
ONE STEP AT A TIME IS ENOUGH FOR ME.
ONE STEP AT A TIME IS ENOUGH FOR ME.
ONE STEP AT A TIME IS ENOUGH FOR ME.
ONE STEP AT A TIME IS ENOUGH FOR ME.
ONE STEP AT A TIME IS ENOUGH FOR ME.
ONE STEP AT A TIME IS ENOUGH FOR ME.
ONE STEP AT A TIME IS ENOUGH FOR ME.**

2.

(Affirmation)

WHATEVER HAPPENS, I'LL HANDLE IT!

(Deeper Meaning)

Within me, I have the power to handle anything that ever happens to me. Instead of fear, I feel only faith. I know I have a huge amount of strength within me and I will always find the good that ultimately comes from all that happens in my life. I will learn from it all, grow from it all, and use it all as a means of reaching the best of who I am. Every situation in my life offers me the opportunity to become a more powerful and loving human being. Yes,

(Repeat 10 times)

**WHATEVER HAPPENS, I'LL HANDLE IT!
WHATEVER HAPPENS, I'LL HANDLE IT!**

3.

(Affirmation)

I REACH OUT AND INVITE OTHERS INTO MY LIFE.

(Deeper Meaning)

I need never feel alone. I don't wait to be invited, I invite. I don't wait to be complimented, I compliment. I don't wait to be thanked, I thank. I don't wait to be loved, I love. I am a source of comfort and joy to all who know me. I love and appreciate without any expectation of getting love and appreciation back. My reward is in the giving. From the depths of my being I am radiating all good things everywhere I go. Smiles, hugs and caring are the order of the day. I know that my life has value and I will not let this loving energy remain within me. Instead, I shall give it away with a sense of gratitude that I have so much love to give. In this way, I feel truly blessed. Yes...

(Repeat 10 times)

**I REACH OUT AND INVITE OTHERS INTO MY LIFE.
I REACH OUT AND INVITE OTHERS INTO MY LIFE.
I REACH OUT AND INVITE OTHERS INTO MY LIFE.
I REACH OUT AND INVITE OTHERS INTO MY LIFE.
I REACH OUT AND INVITE OTHERS INTO MY LIFE.
I REACH OUT AND INVITE OTHERS INTO MY LIFE.
I REACH OUT AND INVITE OTHERS INTO MY LIFE.
I REACH OUT AND INVITE OTHERS INTO MY LIFE.
I REACH OUT AND INVITE OTHERS INTO MY LIFE.
I REACH OUT AND INVITE OTHERS INTO MY LIFE.**

4.

(Affirmation)

I FOCUS ON MY MANY BLESSINGS.

(Deeper Meaning)

Today I choose to notice all the blessings in my life. I put aside all stressful thoughts and focus on what is beautiful now...my health, my home, my loved ones. I will also pay close attention to the "little" things...that soothing hot shower, that kiss from a loved one, the fact that my car started, the warm rays of the sun, good food, the sunshine, the flowers that grow, the magnificent sunset and all other aspects of life that nourish my soul. I will no longer take things for granted. I fill my life with "I have had this" moments which add up to a life well-lived. I am not missing a thing. I worry less and less about the future as I appreciate life to its fullest NOW! I am truly blessed. Yes...

(Repeat 10 times)

**I FOCUS ON MY MANY BLESSINGS.
I FOCUS ON MY MANY BLESSINGS.**

5.

(Affirmation)

I LET GO AND I TRUST.

(Deeper Meaning)

I have no control over the future. Therefore, the pathway to peace is for me to do my best in all things and then let go of the outcome. I take a deep breath and affirm my trust that whatever happens is for my highest good and the highest good of all concerned. I will look for and find the great learning that can come as a result of all outcomes in my life. In so doing, I am filled with a sense of peace. I focus on enjoying the present with the sureness of heart that I can handle whatever happens in the future. I have nothing to fear. Yes...

(Repeat 10 times)

**I LET GO AND I TRUST.
I LET GO AND I TRUST.**

6.

(Affirmation)

I KNOW THAT I COUNT AND I ACT-AS-IF I DO.

(Deeper Meaning)

I pick up the mirror and ask, "How can I be more helpful here?" Whether it's in the home, in my place of work, in my community or in the world, I do my best to radiate loving energy in the form of a kind word, a helping hand, material resources, or whatever is called for. In so doing, I learn the meaning of self-respect and happiness. Wherever I am and whatever I am doing, I commit 100% to helping the world around me. As I do so, I feel joy entering every cell of my being. It is the joy of knowing that I can improve the world in my own special way. My life makes a difference and there is so much I can do in this very needy world. Yes...

(Repeat 10 times)

**I KNOW THAT I COUNT AND I ACT AS IF I DO.
I KNOW THAT I COUNT AND I ACT AS IF I DO.
I KNOW THAT I COUNT AND I ACT AS IF I DO.
I KNOW THAT I COUNT AND I ACT AS IF I DO.
I KNOW THAT I COUNT AND I ACT AS IF I DO.
I KNOW THAT I COUNT AND I ACT AS IF I DO.
I KNOW THAT I COUNT AND I ACT AS IF I DO.
I KNOW THAT I COUNT AND I ACT AS IF I DO.
I KNOW THAT I COUNT AND I ACT AS IF I DO.
I KNOW THAT I COUNT AND I ACT AS IF I DO.**

7.

(Affirmation)

THE QUALITY OF MY LIFE DEPENDS ONLY ON ME.

(Deeper Meaning)

I stand tall and take responsibility for my experience of life. I blame no one for how I am feeling today. I can't control the world out there, but I can control my *reactions* to it all. I can choose to be the "victim" or I can choose to be the creator of powerful and loving thoughts, despite what is happening in my life. I have the strength to act and react to all situations in a healthy and life-affirming way. As I do, I watch the quality of my life getting better and better. Yes...

(Repeat 10 times)

**THE QUALITY OF MY LIFE DEPENDS ONLY ON ME.
THE QUALITY OF MY LIFE DEPENDS ONLY ON ME.
THE QUALITY OF MY LIFE DEPENDS ONLY ON ME.
THE QUALITY OF MY LIFE DEPENDS ONLY ON ME.
THE QUALITY OF MY LIFE DEPENDS ONLY ON ME.
THE QUALITY OF MY LIFE DEPENDS ONLY ON ME.
THE QUALITY OF MY LIFE DEPENDS ONLY ON ME.
THE QUALITY OF MY LIFE DEPENDS ONLY ON ME.
THE QUALITY OF MY LIFE DEPENDS ONLY ON ME.
THE QUALITY OF MY LIFE DEPENDS ONLY ON ME.**

8.

(Affirmation)

I RADIATE LOVE WHEREVER I GO.

(Deeper Meaning)

As I go through each day, I touch the world with love. I give the best of who I am to family, friends, work, community...and to myself. As I do, I am filled with a sense of light and joy. With a smile, a helping hand, a sparkle in my eye, and an open heart, I embrace all those around me. As I do this, I feel the beauty in my life. As I focus on the light within and radiate it out to a needy world, I feel centered and whole. I constantly ask myself, "How can I be more loving here?" And I act accordingly. Yes...

(Repeat 10 times)

**I RADIATE LOVE WHEREVER I GO.
I RADIATE LOVE WHEREVER I GO.**

9.

(Affirmation)

I AM DRAWING TO ME ALL GOOD THINGS.

(Deeper Meaning)

I constantly remind myself of the Universal Law, "Like attracts like." Therefore I am creating an energy of love within me that attracts what is perfect for my highest good. As I take a deep breath and send my loving energy out into this world, in the form of words, thoughts, and actions, I can feel all good things flowing back to me. I nod my head up and down instead of side to side. I let go of my resistance and allow in new possibilities. I say "YES" to it all. Yes...

(Repeat 10 times)

**I AM DRAWING TO ME ALL GOOD THINGS.
I AM DRAWING TO ME ALL GOOD THINGS.**

10.

(Affirmation)

I AM POWERFUL AND I LOVE IT!

(Deeper Meaning)

As my inner sense of power grows and grows, a feeling of joy envelopes me. It makes my heart sing to know that I have so much to give and so much to embrace. With each step I take, I am reminded of the purpose of it all...to give love and receive love, and to be a meaningful part of creating a better world. Yes...

(Repeat 10 times)

**I AM POWERFUL AND I LOVE IT!
I AM POWERFUL AND I LOVE IT!**

III

ONWARD TO THE BEST OF WHO YOU ARE

I will wager that if you did as I suggested earlier in the book—which was to read the affirmation...read the deeper meaning...and then repeat each affirmation, silently or out loud, 10 times—you are definitely feeling more uplifted. And amazingly all that you did was to replace any negativity in your mind with beautiful thoughts of peace, power and love. Hopefully you can now understand that...

An affirmation is not just a sentence; it represents a way of life...a way of seeing, feeling, believing, and acting. It helps transport us from the weakest part of who we are to the most powerful part of who we are.

Imagine how you would feel if you transported yourself **daily** from the weakest part of who you are to the most powerful part of who you are. You can do this by repeating each day the enclosed affirmations and their deeper meaning until one day the uplifting thoughts appear automatically in your thinking...even as you go through difficult times.

If it sounds as though I am trying to get you hooked on affirmations, I definitely am!!! Affirmations have contributed to my life enormously, and I truly wanted to share what I have learned with you. To that end I created not only this little book, but also the following, all of which I've made available to you on my website, www.susanjeffers.com...

- ~~~ A series of affirmation CDs. (*INNER TALK FOR PEACE OF MIND, INNER TALK FOR A CONFIDENT DAY* and *INNER TALK FOR A LOVE THAT WORKS*).
- ~~~ A daily affirmation that appears on my website.
- ~~~ An affirmation "mini-course" that appears in *Feel the Fear and Beyond*. (Affirmations are discussed in my other books as well.)
- ~~~ A book for adults to read to children titled *I CAN HANDLE IT: 50 CONFIDENCE BUILDING STORIES TO EMPOWER YOUR CHILD*, (of course, based on one of my favorite affirmations, "Whatever happens, I'll handle it!")
- ~~~ I even have created coffee mugs and other products with the affirmations "FEEL THE FEAR AND DO IT ANYWAY", "IT'S ALL HAPPENING PERFECTLY!", "SAY 'YES' TO THE UNIVERSE" and "LIFE IS HUGE!" (The coffee mug on my desk not only holds my pens, it is always reminding me to "FEEL THE FEAR AND DO IT ANYWAY".)

Yes, I am definitely trying to get you hooked on affirmations...

- a) I encourage you to learn as much as you can about them.
- b) I encourage you to collect them.
- c) And I encourage you to use them regularly in your daily life.
(I'll be using them right along with you.)

Eventually you will find yourself picking the perfect affirmation for different situations that are happening during your day. For example, if you are a bit nervous as you make your way to an important business meeting, you will choose an affirmation of confidence such as "I LET GO AND I TRUST" or "WHATEVER HAPPENS, I'LL HANDLE IT." If you are spending the day with your loved ones, you will choose an affirmation of caring such as "I RADIATE ONLY LOVE" or "I TAKE IN ALL THE LOVE AROUND ME." There are so many

wonderful affirmations that you can weave into your thinking to beautifully handle all that is happening in your life.

As you begin collecting your favorite affirmations and making them a part of your everyday life, you will notice that little by little, the "habit" of thinking negatively will be replaced by the "habit" of thinking positively. You will learn that when you fill your mind with all good thoughts instead of the voice of doom and gloom, your life will be enhanced in so many ways. You will be uplifted as you learn to react to all things that happen in your life in a positive, powerful, loving and peaceful way. **Affirmations—a powerful tool, indeed!**

From my heart to yours,
Susan Jeffers

ABOUT SUSAN JEFFERS

Susan Jeffers, Ph.D., dubbed "the Queen of Self-Help" by The Times in the U.K., is considered one of the top self-help authors in the world. Her books have been published in over 100 countries and translated into over 36 languages. *Feel the Fear and Do It Anyway* launched her career as a best-selling author. Some of her many other titles include *Feel the Fear and Beyond*, *End the Struggle and Dance With Life*, *Embracing Uncertainty*, *The Little Book of Confidence*, *The Little Book of Peace of Mind*, *The Feel the Fear Guide to Lasting Love*, and *Life is Huge!*. Susan is a much sought-after public speaker and media personality. She lives with her husband in Los Angeles, CA. Visit www.susanjeffers.com

Books and Audios by Susan Jeffers, Ph.D.
(in alphabetical order)

*Dare to Connect: Reaching Out in Romance, Friendship and the Workplace**

*Embracing Uncertainty: Breakthrough Methods for Achieving Peace of Mind When Facing the Unknown**

*End the Struggle and Dance with Life: How to Build Yourself Up When the World Gets You Down**

The Fear-Less Series (Affirmations)

*Inner Talk for a Confident Day**

*Inner Talk for a Love that Works**

*Inner Talk for Peace of Mind**

The Feel the Fear Series

*Feel the Fear ... and Beyond: Mastering the Techniques for Doing It Anyway**

*Feel the Fear and Do It Anyway: Dynamic Techniques for Turning Fear, Indecision, and Anger into Power, Action, and Love **

*The Feel the Fear Guide to Lasting Love**

Feel the Fear Power Planner: 90 Days to a Fuller Life

I Can Handle It: 50 Confidence-building Stories to Empower Your Child (for children aged 3 -7) co-authored with Donna Gradstein

I'm Okay ... You're a Brat: Setting the Priorities Straight and Freeing You from the Guilt and Mad Myths of Parenthood (Titled - **Freeing Ourselves from the Mad Myths of Parenthood*** in the UK)*

Life is Huge!: Laughing, Loving and Learning from it All

Losing a Love and Finding a Life: Healing the Pain of a Broken Relationship

*Opening Our Hearts to Men: Taking Charge of Our Lives and Creating a Love That Works**

The Little Book of Confidence

The Little Book of Peace of Mind

Thoughts of Power and Love (quotes from the works of Susan Jeffers)*

* Also available in audiotape and/or CD

AUDIOTAPES and CDs FROM LIVE APPEARANCES

The Art of Fearbusting

A Fearbusting Workshop

Flirting from the Heart

Opening Our Hearts to Each Other

www.susanjeffers.com