

GUIDE TO *Affirmations*



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Chapter 1: Introduction

Research shows that the average person has between 45,000 and 51,000 thoughts each day—roughly 150 to 300 thoughts per minute. Alarming, about 80% of these thoughts tend to be negative.

For years, we've been taught that many of these thoughts operate on a subconscious level, outside our conscious awareness. Affirmations help bring those subconscious thoughts to the surface, allowing you to take control of them. By consciously creating positive thoughts, you become more aware of the negative ones that often dominate your mind.

It's a powerful concept—and it echoes a familiar piece of wisdom: "Be careful what

you think, because what you think becomes your reality.” When left unchecked, negative thoughts can lead to a downward spiral. And the cycle is self-perpetuating: about 90% of today’s thoughts carry over into tomorrow. If your thoughts are negative, they’ll continue to build on themselves, making it harder to break free.

But affirmations can change that! To affirm is to state something positively, to declare with confidence that what you desire is already true. Affirmations help replace limiting or harmful beliefs with empowering and uplifting ones to boost self-confidence, positivity, and ambition.

For example:

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