Chapter 4: Affirmations For The Millionaire Mindset

S1: In this video, we'll talk about affirmations for the millionaire mindset.

S2: So, What Is An Affirmation?

Affirmations are positive statements or self-scripts designed to manifest a specific goal. They are usually in short, powerful statements said in present tense, repeated often with a sense of real feeling and connection.

Basically, affirmations are you being in conscious control of your thoughts.

The purpose of affirmations is to create new, positive and empowering thoughts that will override the old, limiting beliefs you may have formed during your life time.

S3: Did you know that we have between 45 - 50 thousand thoughts per day. An average of 150 to 300 thoughts per minute. For most people, 80% of those thoughts are negative.

S4: It is important for us to know what is holding us back. Hence, if you are not where you want to be in your life the chances are that an underlying, deeply ingrained negative belief is limiting your progress. These negative beliefs about yourself stand in the way of your real success and weaken your self esteem.

S5: What Are Limiting Beliefs?

Our limiting beliefs are those negative beliefs about ourselves which are toxic to our potential in life. We should never underestimate the power and mental influence these negative beliefs have on us. They control some of our thoughts and behaviors behind the scenes, enough to curtail our results in some area of life. These limiting beliefs might have been collected through our very own unique experiences throughout our lifetime.

S6: Here are some of the most common limiting beliefs most money:

1. Money is the root of all evil.
2. Money can't buy you happiness
3. Money is a limited resource
4. More money more problems
5. I'm just not good with money

S7:

6. I’m powerless over money
7. I can’t have money and free time
8. Either rich or happy or Either rich or healthy
9. It takes money to make money
10. If I am successful, people will hate me

S8: How To Clear Limiting Beliefs?

To get rid of all these negative beliefs, we must first acknowledge them and accept them for what they are. To be a millionaire, it is very important to let go of any limiting beliefs about money you have been thinking all these years. What you believe is what you’ll act out consciously or unconsciously and what you believe about money is what you’ll create in your life.

S9: Hence, you should clear all limiting beliefs which are stopping you from attracting more money into your life.

S10: Once you acknowledge them, you have to start neutralizing them by writing an opposite statement next to your limiting belief. For instance, “I’m just not good with money then write next to it an affirmation like “Everything I need to create financial abundance is already inside me.” The next thing, you have to do is to take care of your affirmations and positive beliefs.

S11: How To Actually Do Affirmations

For centuries, successful people have been using affirmation to achieve their life goals. Some people say that affirmations don’t work, but the truth is, they just don’t know how to use them correctly.

So how can we make affirmation work for us? I’m going to share with you the 5 important steps that will help you to create affirmations that are extremely powerful and effective.

1.Keep It Simple

2. Keep It Positive

3. Personalize Your Affirmation

4. Be Specific

5. State Affirmations In The Present

S12: When you're doing affirmations, there a couple things you want to make sure you're doing. Make sure you do your affirmations daily. The reason why affirmations don't work for many people is because they don't do it consistently. It is through the consistent use of affirmation that you will begin to see seemingly miraculous changes begin to occur in your life that prior to their use appeared to be hard to attain, or in some cases, even impossible.

S13: Similar to working out, you workout consistently, time after time after time until the muscles become strong and firm and your body gets in good, healthy shape.

Same thing with the mental muscles – work out your mental muscles repetitively and consistently. This is the only way to ensure a long lasting subconscious mind shifting.

S14: An affirmation can work as it has the ability to program your mind into believing the stated concept. This is because the mind doesn't know the difference between what is real or fantasy.

S15: Set aside a specific time for your affirmations and visualizations so that you can establish a daily routine. Do your affirmations in five-minute periods. Take a timer, get a quiet place, sit down and start doing your affirmations. The important key is to repeat for five minutes straight. For instance, you can say "I attract money naturally. I attract money naturally. I attract money naturally. I attract money naturally."

S16: Without any distractions and interruptions, repeat it for five minutes straight. Do it consistently, every single day if you want to see results. This is where most people fail. They don't do it consistently, they do it on and off, and so they don't get the results.

S17:**1. Keep It Simple**

S18: Now, if you repeat your phrases and do them consistently then you want to make sure your phrases are simple, short and easy to remember. This increases the likelihood that you will use them frequently. Also, it keeps the message clear and avoids any miscommunication. Do not come up with affirmations in some airy fairy, long winded short paragraph or mission statement about yourself. Make your affirmation a one-liner to stay on target.

Example: I am an excellent money manager

S19: 2. Keep It Positive

S20: The next point is to keep it positive. This is very important when you are writing your affirmations. You might be struggling with money and have limiting beliefs about money…but to work on that, you need to override it with positive affirmations.

You are using positive affirmations to make a life improvement…and positive statements motivate you to make this improvement. Avoid any negative language at all, you want to focus on the goal you want to achieve rather than what you want to eliminate or avoid from your life.

Example:

Negative affirmation: I'm not worthy of having money

Positive affirmation: I decide for abundance

S21: **3.Personalize Your Affirmation**

S22: The subconscious mind is influenced by external conditioning, but it is influenced even more by your own personal instructions and self talk. Make your affirmation personal.

Use "I am" in your affirmations because this goes towards your identity. This goes towards shaping your self-image and who you are at the core and raises the commitment and belief level.

"I AM are two of the most powerful words, for what you put after them shapes your reality."Capture your own voice and use your own style when writing your affirmations.

Example: I am a superb money magnet

S23:**4. Be Specific**

S24: Next is, be specific with your affirmations as the more specific you are, the more clear your directions to the subconscious mind become. You want to ensure your mind latches on to the details and feels like it's real.

This is another reason why most people fail to get the results they want with affirmations. Their affirmations are not well targeted and they focus on what they should avoid or eliminate rather than what they want. If you want to get results with affirmations, you should set a target with clear direction of what you want, not what you don't want.

Example: I can easily make $10,000 per month

S25.5. State Affirmations In The Present

S26: The last point is to make sure you state your affirmations in present tense. What does this mean? Write your affirmations as though you are experiencing what you desire right now.

You need to use "I am" or "I have"…for the universe gives you what you ask for. So yes, in the outer world, you might be struggling with money or poor. That's just a matter of fact. But in your inner world, you are reprogramming your subconscious mind by saying "I am a millionaire".

Example: I am always immersed in wealth

S27: Remember that affirmations take some time, but once you begin the process, you will be surprised by just how quickly it happens. At first, it feels like a lot of effort without much result, but soon the momentum of the process begins to take over.

Within you is a genius yearning to express itself. All you need is to learn how to use your conscious faculties to tap into the phenomenal power of that non-conscious brain of yours.