

# Using Self Affirmations

- Have you ever thought about using self affirmations to improve your life?
- Many people have and while some have had good results others didn't...
- The question is... "Is there a reason for this?"

- The main reason for affirmations not working would be simply because they are not done correctly.

# Making affirmations Work

- Speak them out loud daily
- Really mean what you say
- Have faith in the affirmation
- **Follow up with REAL actions!**



# CONCLUSION

- The last step is the most important factor. If you say the words out loud each day but don't act upon them, then you can't really expect things to change.