

# Use your mind

If you seek positive results, focus on affirmations

**T**he thoughts you have today create the experiences you will have tomorrow because you are in charge of your life and your thoughts create your circumstances. The only thing that limits you is your thinking, but you can turn your life around using positive affirmations.

An affirmation is a present tense statement, which when used consistently will eventually become a belief that creates positive results. When repetitively thought, be it stated or in writing – providing you believe what you are saying, and feel minimal emotional resistance towards it – an affirmation will eventually come true.

The universal law of attraction states “what you believe to be, will be – and you attract what you focus upon the most”. By focusing the majority of your attention upon your desire, you will eventually attract it into your

life when it is part of the divine plan.

An affirmation can be said out loud, in your mind or written down. For best results, state them constantly throughout the day, as repetition is the key. Even when you feel silly saying them, you must persist through your doubt to see results. Here are some examples:

## Love

**I am in a healthy, mutually loving relationship.**

## Wealth

**Money comes to me easily and effortlessly.**

## Health

**My body is healthy and healed.**

## Career

**I love my job and it pays me well.**

## Opportunity

**I am always in the right place at the right time.**



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For more information, check out [www.michellebuchanan.co.nz](http://www.michellebuchanan.co.nz)