

THE LEVERAGED *Business*

Ten Ways To Use Mindset Affirmations To Manifest The Business And Life Of Your Dreams

Morning Meditation: Start each day with a meditation session. As you breathe deeply and center yourself, recite a chosen affirmation either silently or aloud. Beginning your day this way can set a positive, empowered tone for everything that follows.

Visual Affirmation Boards: Combine the power of visual stimuli with your affirmations. Create a board with images of your business and life goals, and incorporate your affirmations into this board. Seeing this daily can be a powerful motivator.

Affirmation Alarms: Set multiple alarms throughout the day on your phone or watch. Label each alarm with a different affirmation. Each time it goes off, take a moment to read, reflect on, and internalize the affirmation.

Journaling: Every evening, dedicate time to write down your affirmations in a journal. As you write, visualize yourself achieving what each affirmation states. Over time, these journal entries can serve as a testament to your growth and evolution.

Mirror Affirmations: Every time you look in the mirror – be it during your morning routine or a quick check during the day – recite one affirmation to yourself, making eye contact with your reflection. This reinforces self-belief.

Affirmation Mantra Walks: Go for a walk, preferably in nature, and use this time to repeat your affirmations like mantras. The rhythmic nature of walking combined with the repetition can deepen the impact.

Embed in Music: Choose a calm instrumental track you love. Record yourself saying these affirmations over the track. Listening to this track daily can be both a relaxing and empowering experience.

Post-it Reminders: Write your affirmations on post-it notes and place them in places you frequent – your computer screen, refrigerator door, bathroom mirror, or car dashboard. This ensures you're reminded of them throughout the day.

Affirmation Sleep Therapy: Research suggests that the subconscious mind is receptive while we're on the brink of sleep. Play a recording of your affirmations as you drift off to bed and let your mind absorb them without the interference of conscious doubt or disbelief.

Group Affirmation Sessions: Gather a group of like-minded individuals, perhaps fellow entrepreneurs or friends. Meeting regularly, share your chosen affirmations with each other. Speaking your affirmations in front of supportive peers can amplify their power and also foster a sense of community and shared purpose.

Consistency is key when it comes to affirmations. Whatever method(s) you choose from above, commit to them. Over time, these positive statements can shift your mindset, break barriers, and help manifest the business and life of your dreams.