



The
Daily
Affirmation
Handbook

365 Affirmations For Attracting
Health, Wealth, and Happiness
Into Your Life.

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THE DAILY AFFIRMATION HANDBOOK

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Introduction



In his famous book, *The Strangest Secret*, Earl Nightingale stated, you are what you think. You become what you think about most of the time. He believed that if a person only feeds his mind with negative thoughts, he will experience life through a dark lens.

Small things that shouldn't affect him will ultimately become bigger than they really are because their mind is focused on the worst possible outcome rather than the best. He talked about how a person who lives with mostly negative thoughts will focus his mind on all his problems rather than the opportunities before him.

Unfortunately, many people today, live with this kind of mindset. With the 24/7 access to media outlets around the world, it's no wonder more, and more people are unable to achieve a blissful and positive state of mind. Today's media knows that "negative news sells," which provides them with the justification to engage in fear mongering. Sadly, it works. This is because we are designed to survive, rather than thrive. While this is beneficial for us as a species, focusing our brains on survival, it does nothing to guarantee our personal success. If it did, there would be more people flourishing both financially and personally.

Fortunately, our minds are incredibly powerful and are capable of incredibly awesome things. Our job is to stand guard at the doors of our thoughts and feed it empowering words. This is where positive affirmations come into play.

Understanding Affirmations and How They Work

Affirmations are suggestions and thoughts that you give to yourself and can be either positive or negative. As you give yourself these suggestions, you are feeding them into your subconscious mind, which is what ultimately helps to determine your mental attitude.

If you feed positive thoughts and suggestions into your subconscious mind, this will ultimately build a positive or optimistic mental attitude, and when you constantly feed your subconscious with good, and happy ideas, your mind begins to accept these suggestions as reality because your subconscious is unable to differentiate between your imagination and your reality. When you consistently inject positive ideas into your subconscious, it will start to trust them as being the reality, and it starts to work producing similar thought patterns.

When your thoughts become positive, you start to become more optimistic about your life and the world around you. Your thoughts, after all, construct you. By thinking positively, you can empower yourself and build a healthy mindset and a healthy frame of mind that is always thinking of growth, development, and new ideas.

A positive mindset will give you the strength and courage to believe in yourself and follow your dreams. Additionally, positive attracts positive opportunities. When you create a positive thought in your mind, it moves out and starts drawing towards you helpful and constructive opportunities that can help you fulfill your goals.

This is how positive affirmations work, and why using them daily will gradually turn you into a vibrantly positive individual.

On the other hand, if you are constantly feeding negativity into your mind, you should only expect to have a negative mental attitude.

Why You Should Use Affirmations

Emile Coule was a renowned psychologist you popularized the practice of positive affirmations by providing the world with a powerful, effective tool to help people from all occupations actualize prosperity and success. Subsequently, various scientific and medical studies have been conducted to prove the effectiveness of affirmations and the benefits gained with daily practice. These studies have successfully shown that affirmations are indeed incredibly beneficial and can help dramatically change your life for the better.

One such study showed that students who used affirmations daily at the start of their school term were able to perform better compared to their counterparts who didn't use affirmations daily. Another study showed that daily positive affirmations help many