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LIFE COACH

# 5 Affirmations to Manifest Desires



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Why do affirmations help get us closer to what we desire? It's all about understanding that we all are already affirming anyway but it's usually unknown to us and usually affirming in the direction of what we do not want.

Research has shown that we have about sixty thousand thoughts in a day and they are usually the same thoughts running habitually from the days before. When we "interrupt" those patterns we make room for new ones to solidify into our subconscious mind thus, begin the process of creating new pathways in the mind for more good feeling patterns.

One important KEY when using affirmations... Affirm to feel good, NOT to get the material object (the new car, the house, the relationship). The intent of affirmations is to shift momentum from habitual thought patterns based in "lack" to an abundance mindset. Use the affirmations to focus energy toward a better feeling because ultimately, everything we want is because we think we'd feel better having it. Period.

## *01.*

### Everyday in every way I am getting better and better.

This affirmation is adapted from Emile Coue, a French psychologist and pharmacist who believed that most illness was a result of a person's thinking. I recommend using this as you are getting ready for bed every evening. Say it to yourself as you are brushing your teeth, taking a shower, etc. Just spend 5-10 minutes every night repeating this until a feeling stirs inside of you that this is true.

## *02.*

### Every answer that I need will come.

Use this when you feel unsure about the next step. The intent of this affirmation is to lean you in the direction of more clarity even when the answer isn't visible to you yet. Whenever you notice that feeling of worry go back to this affirmation. You don't have to believe it's true, just believe in the possibility of an answer that is now unseen can become seen.

## *03.*

### I am the Creator of my reality.

This affirmation is from Abraham Hicks who adapted it from Neville Goddard. This is one that I use every morning when I wake up. It reminds me that what I think about creates a feeling inside of me and ultimately creates a reality in my manifested world. This is a powerful reminder to believe in our innate worthiness not for what we have but for who we really are. It's a wonderful reminder that I can be, do and have any desire because I am here to play with the universe and choose what I prefer to experience.

*04.*

## Everything is always working out for me.

The basis of this affirmation is that even when things feel as if they are going downhill that sometimes we take a windy path to our desired end. Since everything is working out for me, how is this serving me? It's about shifting focus and reevaluating circumstances. It's about understanding that no matter what is happening in our external world when we shift our focus to a better feeling the outer must also reflect that.

*05.*

## I am so happy and grateful.

This affirmation works like magic. Say it all day and every day. It creates that feeling of appreciation. It helps remind you that life is supposed to feel good most of the time. It's a reminder that what we focus on expands. If we focus on appreciating the universe will give us more to appreciate.



Create a life you desire

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