



Why I Use Positive Affirmations Every Day

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Thinking positive thoughts every day will allow you to live a more positive life. It's easy to be overcome by negative thoughts and experiences, and it's important to create a positive dialogue with yourself to get you through those tough times.

Some people call these thoughts positive self talk, and ***this form of inner dialogue can allow you to reach new heights as a person, overcoming all that stands in your way.***

Understanding Positive Self Talk

Positive self-talk is the practice of responding to those negative thoughts that creep into your mind throughout the day. You know the thoughts: the ones that have you thinking, *you can't* instead of *you can*, or *it's too hard* instead of *you can do it*.

When you replace such negativity with positive thoughts, you can bring about astounding changes in your life and the way you feel about yourself.

For instance, when you're starting a new job, and your mind says, *There's no way I'm going to fit in here. I don't deserve this job* you can stop this dialogue in its tracks.

Instead of letting your mind go on and on, envisioning one disaster after another right up to the moment you're fired, you can respond with positive thoughts. These positive thoughts can also be called positive affirmations.

Positive Affirmations and You

It can take a lot of practice to make the change to positive self-talk when you've always experienced negative self-talk. Perhaps you can't even remember a time when this negative dialogue wasn't playing in the background of your life.

You may need to put some effort into responding to the negativity with positive thoughts, but by using positive affirmations, the effort required is an easy task. ***Positive affirmations allow you to replace your negativity, one thought at a time!***

Many people seek out lists of free positive affirmations to help them come up with positive responses. You can find some of these lists on self-help websites or in bookstores and libraries.

At first, you may wonder if it can be this easy to change your life with affirmations. Consider this fact: haven't all those negative thoughts running through your mind forged the path that you've followed throughout your life and gotten you where you are today?

Answer this question truthfully and you'll see the need for positive thought!

If negative thoughts got you where you are now, can you imagine where you could be if the negativity was replaced by confident, positive thoughts?

Now you see why I use positive affirmations every day. Positive thoughts really *can* change your life!

If you want to lead a positive and fulfilling life you must have a positive mindset. In order to think positively, you must replace the negative thought processes that are already running through your mind.

Since positive affirmations activate your mind to replace negative thought processes with a positive mindset, they simply make the most sense! Plus, they're so easy. Once you become used to using affirmations on a daily basis, you'll wish you'd started with them sooner.

For ease, convenience, and great results, positive affirmations just can't be beat as a success tool. Start using positive affirmations today, and live the life you've always dreamed of!