



Affirmation Statement Activity

The mind, is powerful, I am sure not many would disagree with this. It senses, feels, interprets, stores information. We think things through and we dream about the future. What happens though when things don't seem to work in our favor, or we get hit by a lefthand curve?

Conflict, difficult times and circumstances are an opportunity to see who and what we are made up of.

The 'shoulds' and attitudes that show up highlights our beliefs we have around the situation, and we are able to determine if we keep, polish or throw out that belief.

- Our feelings bring up past wounds or perceptions created during our formative years and have laid the foundation for the rest of life of what we see and focus on. The heavy emotions must be addressed in a healthy way to move forward and heal.
- Our physical response or body issues are the final warning signals that memories, emotions and beliefs are trapped, needing release, healing to enable us to be free to be ourselves.

Conflict is an internal job, and it is up to ourselves as our body keepers to ensure we are keeping it as clean, safe and honoured as we deserve to be. After all, the body is the Spirit's temple, and if we don't look after it, then the spirit can become tarnished and hidden under the grime and rust of neglect.

At the end of the day, it is all about creating forgiveness for ourselves for how we interpreted the situations as a negative, and seeing the other person's point of view, releasing then from the cause of your interpretation. After all we are all doing the best we can at any moment from our own interpretations and experiences.

"Stress is an inside job, but so is moving past it. The less we focus how stressful we perceive life to be, the less significant stress becomes in our lives. Urgency doesn't always have to feel like an emergency." Scott Niolet

Letting go of stress allows our mind and body to re-sync and come back into balance. Something that many of us may have forgotten over the journey of life to date. It is about being honest with ourselves, not sweating the small stuff and talking things through with the people issues relate too. **Not always easy but important.** As many an older person say.... It really doesn't matter if this or that happened, what matters is the relationships and memories created while given the time to live. If you need help to work through the big issues or uncertainties of life, then get it.

Life is way too short to be held hostage by our childhood, our peers, past and fears.

Help from Dr Wayne Dyer - Excerpt taken from [Excuses Begone!](#)

"I've heard many reasons that people use to explain an unhappy existence... and almost all of them inevitably fall into one huge category, which I call "excuses."

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Here is a list of 18 of the most commonly used excuses and an affirmation for each. The affirmations will assist you in making a conscious effort to encourage yourself to elevate your beliefs, unquestionably!

How to complete this exercise is to read through the excuse get a sense of which ones you relate to. Following the principles of [tapping](#) grade the response, write the memory, or emotion or situation that triggers from the excuse statement.

Work through the tapping process, and as excuse statement gets lighter, incorporate the positive affirmation given here in the final round.

Write the positive statements on post it notes, or index cards and place them around the house, the car, and any other place to remind you how great a person you are. It helps to re-enforce the positive messages inserted through tapping, and makes it all the stronger.

Insert your name where you see %FIRSTNAME% and this helps create a stronger anchor to this statement.

- **It will be difficult:**

I %FIRSTNAME% have the ability to accomplish any task I set my mind to with ease and comfort.

- **It's going to be risky:**

Being myself involves no risks. It is my ultimate truth, and I live it fearlessly.

- **It will take a long time:**

I %FIRSTNAME% have infinite patience when it comes to fulfilling my destiny.

- **There will be family drama:**

I %FIRSTNAME% would rather be loathed for who I am than loved for who I am not.

- **I don't deserve it:**

I am a Divine creation, a piece of God. Therefore, I cannot be undeserving.

- **It's not my nature:**

My essential nature is perfect and faultless. It is to this nature that I return.

- **I can't afford it:**

I %FIRSTNAME% am connected to an unlimited source of abundance.





- **No one will help me:**
The right circumstances and the right people are already here and will show up on time.
- **It has never happened before:**
I %FIRSTNAME% am willing to attract all that I desire, beginning here and now.
- **I'm not strong enough:**
I %FIRSTNAME% have access to unlimited assistance. My strength comes from my connection to my Source of being.
- **I'm not smart enough:**
I %FIRSTNAME% am a creation of the Divine mind; all is perfect, and I am a genius in my own right.
- **I'm too old (or not old enough):**
I %FIRSTNAME% am an infinite being. The age of my body has no bearing on what I do or who I am.
- **The rules won't let me:**
I %FIRSTNAME% live my life according to Divine rules.
- **It's too big:**
I %FIRSTNAME% think only about what I can do now. By thinking small, I accomplish great things.
- **I don't have the energy:**
I %FIRSTNAME% feel passionately about my life, and this passion fills me with excitement and energy.
- **It's my personal family history:**
I %FIRSTNAME% live in the present moment by being grateful for all of my life experiences as a child.
- **I'm too busy:**
As I unclutter my life, I free myself to answer the callings of my soul.
- **I'm too scared:**
I %FIRSTNAME% can accomplish anything I put my mind to, because I know that I am never alone.

I suggest working through each of these statements and note which ones really hit a spot in your being. This reaction shows your being relates and there is something being held in your being somewhere. You can ask it to show itself, and listen to the message from it, you can help it let go by [TAPPING](#), or even reach out and ask for help.

Remember, it is your life, and your life alone. You are not responsible for another's happiness, or life, but are leaders in the lives you are entrusted for - children, partners and close friends. We are to lead

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Steps to Change P/L
Find your steps back to yourself

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by example, praise and support, not by fear, punishment or dogma restrictions. Ask yourself this: What if you were able to shift even a few of these and live a happier life. You don't need to re-write your entire life - quite your job, leave family etc to create the life you would like. It may happen, but it will be from a very different space of awareness and not fear, a much safer place to work from. If you would like help, all you need to do is ask. If it isn't me, it will be the best person for you at this time.

