

Are You Making These 3 Mistakes With Your Affirmations?



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Introduction

We've all heard that affirmations are powerful, yet most people still fall into one of two categories:

1. Not using them
2. Not using them effectively

Few people are actually using affirmations in ways that create visible results in their lives.

Why?

Here's what I believe are the biggest three reasons...

#1: Just not using them

#2: Using incorrect words that actually REPEL what they want

#3: Not integrating affirmations into your life holistically

In this short ebook, you'll discover exactly what the pitfalls are with the above ideas AND what you can do about it.



Not using them

Although this seems obvious, I have to say it. Some people are handed a golden opportunity on a silver platter, and instead they opt for eating out of the dog's bowl instead.

I can't fault them. Most people who have heard of affirmations haven't experienced their true power.

Some people never start using them. This happens for 3 primary reasons:

1. They don't believe affirmations actually work
2. They think that doing affirmations will take too much time
3. Writing affirmations sounds "too hard."

To address the first point, there are some scientific studies which have confirmed the effectiveness of affirmations.



Affirmations Mistakes #1:

Not using them

For example, Geoffrey Cohen, Ph.D. professor of psychology from Stanford University, has published multiple peer-reviewed research studies that show how self-affirmation positively affects an individual's ability to respond to threats.

Then there's Claude Steele Ph.D., whose credentials (Stanford, Berkeley, Columbia, etc) will take far too long to list here...

His extensive research demonstrated the power of self-affirmation to reduce biased attitudes, lead to positive health behaviors, and improve the academic performance of minority students.

And more recently, Sonja Lyubomirsky, a PHD professor of Psychology at University of California Riverside, and author of "The How of Happiness, " conducted research studies that concluded affirmations may be associated with sustained happiness and meaning.



Not using them

In other words, the research suggests that affirmations can help us feel happier, live healthier, react less adversely to threatening situations, learn more effectively, and have more meaning in our lives.

Unfortunately, knowing that affirmations can help doesn't matter if we don't use them and we don't know how to use affirmations effectively.

For example, many people believe that integrating affirmations into their lives will be more hassle than it's worth.

“But I don't have enough time to speak or write my affirmations 50 times a day,” they think.

What those people don't realize is that using affirmations is the easy part. There are technologies that can flash affirmations at nearly 4,000 times per hour, so time is not an actual obstacle. People can also change the wallpaper on their computer desktop to display affirmations (I'll show you mine later).



Not using them

Those are just two possibilities for making affirmations work on a busy schedule.

And they're just two recommendations I make within my ridiculously underpriced e-Book, "[Supercharge Your Affirmations](#)." In it, I help people like you get more effectiveness from affirmations with less total effort.

Still, even when people do recognize the importance of affirmations, and they put their affirmations on auto-pilot, they don't always see the overhyped results that they expected (and were sometimes promised).

It's understandable. It's also unfortunate.

That's because they don't usually know how to write affirmations effectively. And doing this one thing wrong is like pouring toxic waste into your subconscious mind. We'll explore this more in the next chapter, "*Using Incorrect Words That Actually Repel What You Want.*"



Affirmations Mistake #2:

Using Incorrect Words That Actually REPEL What You Want

There's a whole category of words that people mistakenly use in their affirmations, not realizing that by using these specific words (even ones they've been TOLD to use), that they are actually programming their mind for self-sabotage.

You know, words like “ideal” and “attract.”

In "[Supercharge Your Affirmations](#)," I list the "Unlucky 13" which include those two words and 11 more that are basically trashing your subconscious.

Let me tell you a story to explain why...

When I was at a firewalk retreat in 2012, I was introduced to an affirmation that helps people move past their money blockages. That affirmation was:

"People love to give me money."

Sounds great, right?

Not so fast!



Affirmations Mistake #2:

I didn't like that.

Consequently, I began using the affirmation "People love giving me money." This way I am affirming the actual exchange of energy that occurs with money.

Knowing these kinds of subtle differences in using conscious language make ALL the difference in your affirmations. Fortunately, it can be learned quite easily.

Please do yourself a favor: Never use the words "attract" or "ideal" in your affirmations.

There are plenty of words you can use instead of those two that are among the Unlucky 13.

Now with that little rant aside, in the next chapter I will share with you the 3rd big mistake people make with affirmations:

Not integrating affirmations into your life holistically.



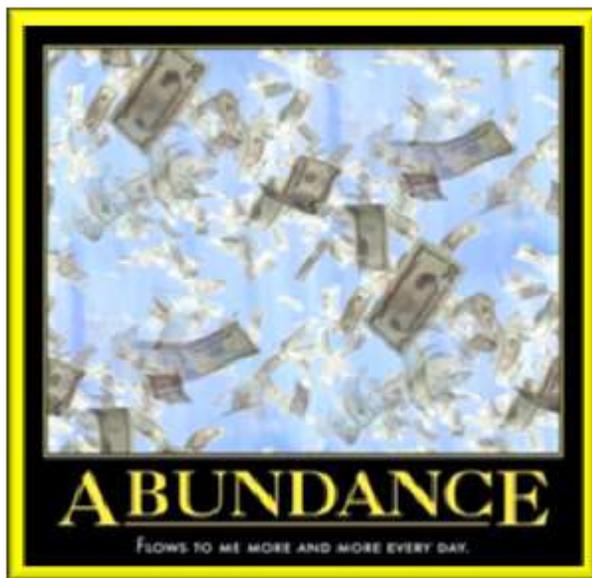
Affirmations Mistake #3:

Not integrating affirmations into your life holistically

Most people who do affirmations pick just one way to use them. Maybe they write them down once (or type them). Then they say their affirmations out loud. Perhaps they go one step bit further and say them out loud in the mirror each day.

The thing is, affirmations work by repetition. And they need to be integrated into your life fully. Not just halfway. Not just "good enough." When it comes to affirmations, we are trying to really change the programming we use to navigate the world.

That's not easy. That's also why with my own affirmations, I use multiple methods to integrate them into my life. Below you can see the affirmation I have on my computer desktop and also printed on my mouse pad. Literally, every day that I'm working this is being reinforced into my subconscious and conscious minds.



Affirmations Mistake #3:

And that's just the start! I use technologies like [Subliminal360](#), physical printouts, handwriting, and more techniques to ensure that these affirmations are being brought into my life as fully as possible.

Here's why this is so important...

While many people who teach affirmations focus on the subconscious mind, and while that's important, affirmations can ALSO be used as conscious present-moment reminders to re-align with what we want in our lives. This is often missed.

For example, let's say you're going about your day normally. Suddenly you look at your computer desktop wallpaper and see an affirmation that says, "I eat healthy, vibrant, energizing foods."

You pause for a moment and look at the stack of cookies next to you and realize you're not living in alignment with this affirmation. You then make a choice to ditch the cookies, drink some water and enjoy an apple.

Now that might not be your particular situation nor preference. However, it illustrates a key point: To use affirmations effectively, don't only target your subconscious mind. When you integrate them into your life, they can be used as conscious reminders to live an incredible life.



Affirmations Mistake #3:

Of course the kicker is - when you take ACTIONS that are in alignment with your intentions, you rapidly change your subconscious beliefs to come into alignment with those intentions.

In fact, action is a significantly faster way to change your subconscious beliefs than any other method. And this is on top of using affirmations in subconscious passive ways to [reprogram your mind on autopilot](#).

I could go on about the pitfalls people have with affirmations. Really, there's a lot of them. However, today I just wanted to show you the top 3 mistakes that people make, why, and highlight a few ways that you can [Supercharge Your Affirmations](#)

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That way you can avoid the pitfalls and be sure to stay focused on exactly what you want to get out of life. :)

Your Partner In Affirming Your Maximum Potential,

Chris Cade
Liberate Your Life



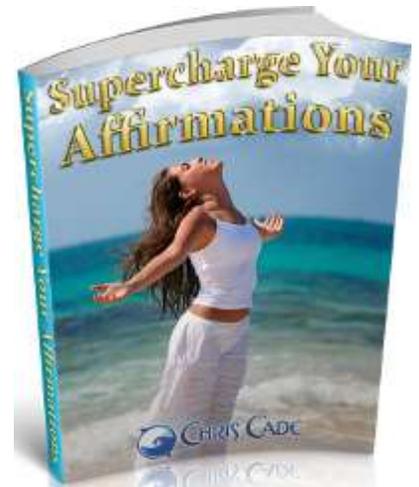
Learn How To Supercharge Your Affirmations!

*If you aren't using affirmations as effectively
as you'd like to...*

(or you're not using them at all)

Then check out my ridiculously underpriced e-book,
"Supercharge Your Affirmations. "

You'll learn exactly how to craft optimal
affirmations AND integrate them into your
life quickly and effectively.



You'll also discover the technologies I use
so that affirmations don't take any extra
time -- they just work on autopilot while
you go about your day.

Whether you're completely new to affirmations and have no
idea where to start...

Or you've used them before and want to experience even more
abundance, joy, and happiness in your life...

Then this ebook is for you.

Start Supercharging Your Affirmations Today!



Learn How To Supercharge Your Affirmations!

If you want to put your affirmations on auto-pilot

Then check out the [Subliminal360](#) software from Inspire3.

It is one of the resources I use every day, and that I recommend within my “Supercharge Your Affirmations” e-book.

It works by automatically flashing thousands of positive affirmations per minute on your computer screen.

You just select which areas of life you want to improve from over 350, including health and wellness, wealth, confidence, sleep and relaxation, business success...

Then click the box to start flashing subliminal affirmations onto your computer.



[Watch A Video Tour Of Subliminal360](#)



About The Author: Chris Cade



In 2006, Chris was faced with seemingly insurmountable relationship challenges. He looked into spirituality and shortly thereafter attended a program where he delved deep into his consciousness and consequently became a spiritual student for life. Over the course of several years, he transformed – moment by moment – into the empowering teacher he is today.

At the heart of Chris' teachings is his experience as a software tester. If he can't make something work for him, he won't teach it. His product management skills enable him to create resources that serve people worldwide. In addition to his professional experience, Chris has a wealth of life experience...

He holds two second-degree black belts in Tae Kwon Do, the US National Champion title, and he placed third at the Super Grands World Games in 1994. Chris has taught martial arts to students of all ages, firewalked with Peggy Dylan, swum with wild dolphins, traveled to more than a dozen different countries, and is a grateful father.

All this and more give him a solid foundation to support others on their own journeys of self-discovery. Frequently described as insightful, engaging, authentic, and inspiring, Chris is also a popular interview guest. Today, Chris reaches hundreds of thousands of people worldwide in over 150 different countries. Learn more about Chris and his programs at <http://www.chriscade.com>

