

a. Overview: What are affirmations

Welcome! And in this video series I'm going to show you how affirmations can change your life and assist in your personal development.

Affirmations are a powerful tool that encourages self-empowerment and the practice of positive thinking.

It is based upon the beliefs of the power of the spoken word. You speak it and then your mind, your emotions, your body and your spirit will believe it.

Affirmations support your mental attitude and by reciting affirmations, it will give you the power to achieve success in whatever you want.

Affirmations can also come in many different forms such as repetitions, images, mantras, visualizations, videos and many more

Do you see the power of using affirmations? By beginning the practice of using affirmations, you will start to see your life change.

In the next video, we will talk about how you can use affirmations to change your life.