

New Year's affirmations

TRY A TWIST ON RESOLUTIONS

THE FRESH SLATE OF A NEW YEAR OFFERS THE CHANCE TO REFLECT ON THE RECENT PAST and set goals for the year to come. We call these goals New Year's resolutions, and they tend to entail a firm decision to *do* or *not do* something different for the next 365 days.

Despite the good intentions behind these annual goals, most New Year's resolutions are notorious for being broken. This year, consider crafting a less-rigid roadmap for the year to come, using affirmations rather than resolutions.

"Affirmations can actually change our beliefs and bring a greater awareness to what we are creating in our lives," says Kim Brewer, who has taught classes on affirmative prayer and meditation at the Center for Spiritual Living in Reno. "Affirmations focus on the *experience* we desire, whereas resolutions tend to be focused on an outer goal and are often abandoned at some point during the year."

To compose your own affirmations for the new year, Brewer suggests first taking time to figure out which areas of your life you wish to alter or improve. Then, write one or two positive statements to support the desired change in that area.

For instance, if you hope to have improved health in 2012, an affirmation might be "I experience radiant health." If your aim is to create more loving relationships, you could affirm "I express love easily."

According to Brewer, the most effective affirmations are personal, positive, present, and powerful. Each statement should be written in the first-person present tense — *I am, I express, I experience* — using words and phrases that resonate with you.

Be sure to use positive language, affirming what you do want to happen, not what you hope to prevent. For example, you would affirm "I experience divine order in every area of my life," rather than "I will not allow my desk and closet to get messy."

Speak your new year's affirmations daily, with confidence and authority. Another option is to write them down each day, or place the positive statements on notes around your home or office.

"The purpose of creating and using affirmations is to train our thoughts in a conscious, positive direction and to dissolve beliefs we hold about ourselves and our lives that no longer serve us," Brewer says. "Use your affirmations until they become your experience."



AFFIRMATION EXERCISE

Explore your beliefs

Take a piece of paper, draw a line down the center, and write your affirmation on the left. On the right, begin writing down whatever comes to mind. Often, these thoughts may reveal your own resistance to the affirmation. Continue the process of writing the affirmation and response until there is no longer any resistance on the right side of the page. [▶](#)