

Creating Affirmations for a More Positive Mind

All of our self-talk, our internal dialogue, is a stream of affirmations. You're using affirmations every moment whether you know it or not. You're affirming and creating your life experiences with every word and thought.

If you want to change your life, you have to retrain your thinking and speaking into positive patterns - and it's easier than you think.

In this workshop participants will learn:

- The scientific reason why the language we use affects how we feel
- How to train your brain to think differently and break the negative self-talk habit
- The benefit of saying positive affirmations and how they can support personal growth
- How to create personal and powerful affirmations to change thinking and make significant, positive shifts in life.

Participants will leave this workshop with a greater understanding of how they can easily change self-talk habits to think more positively, and powerful mindset tools for improved emotional wellbeing.

