

Year \_\_\_\_\_ Month \_\_\_\_\_ Day \_\_\_\_\_ Consecutive Practice Days \_\_\_\_\_ Missed Days \_\_\_\_\_

## Day 17

### *Gratitude:*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

### *Vision:*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Ok. Now things are getting weird.

I was introduced to the idea of daily affirmations as early as middle-school. I've been a personal development junkie for that long. Back then I was receptive to the ideas, but as I matured, I became a much more skeptical and rational thinker. The thought of some woo-woo magic happening from a daily affirmation really put me off. There's only one problem with that skepticism...

Affirmations work.

This internal conflict between my rejection of “magic” and the evidence that daily affirmations seem to be an effective tool has prompted me to try to reconcile these two competing ideas. I can use daily affirmations without really knowing how they work, as long as they work. But I'm still curious how.

In his book, “The Brain That Changes Itself”, Norman Doidge, M.D gives us a spectacular view into the brain's ability to change based on it’s own thinking. This idea might lead to a deep philosophical rabbit hole that might even take us back to magic, but I like to think of it as a mystery that inspires wonder and optimism. If thoughts themselves can “rewire” our brains to think differently (and it’s been irrefutably demonstrated to be the case), then we literally have the power to change ourselves using practices of thought.

This is how I look at Affirmations. Not magic, per se, but a tool to utilize the structure of our brain’s natural mechanisms of adaptation. But, as I mentioned, we don’t really need to know how a tool works as long as we learn to use the tool to effectively produce the results we want. So if you’re curious about the “how it works”, great! I recommend getting Dr. Doidge’s book for starters. I’m never one to discourage curiosity. But, for this journal we’re just going to assume the tools work and focus on using them effectively.

What is an Affirmation?

For our purposes, let’s define an Affirmation as a statement that places the “future you” that you desire into the present.

The components of an effective Affirmation are:

- A description of a trait you desire in your self for the future, stated in present tense.
- An emotional response to the trait as if you already possessed it.
- The trait should be something in your direct control.

We’ll get more into the details tomorrow, but let’s dive into the practice right now.

Take a few moments to come up with a sentence or two that describe a version of yourself that you want to develop. Remember to use language that is present-tense, as if you already possessed the traits, and describe how it feels to be that version of yourself.

*Affirmations:*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*Daily:*





