

A hand holding a pen is shown in a dark, blurred background. A large, semi-transparent red rectangle is overlaid on the image, containing the title and subtitle. The title is written in a white, serif font, and the subtitle is in a smaller, white, sans-serif font. A thin white horizontal line is positioned below the title.

INTENTIONS, QUOTES, AND AFFIRMATIONS

POSITIVE WORDS TO INSPIRE YOUR BEST LIFE

BY
MARY BROWN

Words hold great power. They can lift your spirits or tear you down, they can calm your nerves or increase your anxiety, or they can soothe your soul or crush your dreams. Words can play a huge role in your success or failure. A steady flow of negative self-talk, unsolicited criticism and/or advice from outside sources can hinder forward progress. Over time these negative thought patterns can change your brain chemistry and increase feelings of depression and anxiety. Fortunately, cognitive therapies and personal practices that focus on positive thinking through meditation and mindfulness can help to reverse these effects. The skills you acquire from a positive outlook can improve your life by increasing your productivity, strengthening your social skills and relationships, and help to develop feelings of gratitude and contentment.

Intentions and affirmations are something that I've only recently started to incorporate into my life. I grew up in a strict religious home and as a young adult began to search outside of the protestant teachings. I was intrigued by alternative forms of spirituality. I devoured books of Buddhist and Hindu teachings on finding happiness, purpose, and enlightenment. I watched as others would publicly manifest their dreams, set their intentions, and find connection with the universal energy. I've taken yoga classes, meditated (or attempted to), and even burned sage to cleanse the energy in my home. It can be a challenge to find a practice that resonates with you. While I may not dive head first into one form of spirituality or religion, that's not to say that there isn't truth and value to be obtained from their teachings. I find that all the people and various situations you encounter in life offer valuable learning opportunities. Good or bad there is something you can take away from your interactions and experiences.

Incorporating affirmations into my daily practice has definitely pushed me outside my comfort zone. While I want to incorporate positive words and intentions into my routine they can't be so nauseatingly upbeat that I reject their message. I can only handle so much warm and fuzzy positivity.

Maybe you are on this same page with me?

Despite my wannabe rebel tendencies, I still strive to incorporate more positivity into my life. I want to consistently make efforts to improve who I am and create a better life for myself and my children. So over time I have accumulated some intentions, affirmations, and quotes that move and inspire me to make the changes in my life and myself necessary to turn my dreams into reality without triggering my gag reflex.

Intentions

An intention is your dream, your desires; it's how you envision your future self and future life. It's where the magic begins. Intentions are meant to be set and released. How freeing is that? You don't have to dwell on it, just speak it, write it down, meditate on it, and let it go.

For more in depth information on setting intentions read this [post](#) by Deepak Chopra.

The following are a few intentions that I have set in regards to how I want to be as a person. I prefer "I Will" statements over "I Want", "I Wish", or "I am going to try". It's bold, it's determined, it's absolute. There is no hesitancy in an "I WILL" statement.





Affirmations:

Affirmations are way to focus on your strengths and goals by being your own cheerleader. Quite often people use them as a “fake it till you make it” tactic. This is where your affirmation practice can go awry. You need to use words and phrases that are honest and speak to you and your struggles and help to increase your self-respect and confidence. Over time these phrases can help reprogram your patterns of thinking so your thoughts and actions become more positive and productive.

As a person with a history of depression I’ve often shied away from “the power of positive thinking”. It felt fake and cheesy. However, through trial and error and finding the right affirmations to support the changes I wanted to see in my thoughts and actions I have been able to see positive changes in how I speak to and see myself. While circumstances may dictate how effective positive self-talk can be, I’m pretty sure we could all use a little more positive support and a lot less of the negative internal monologue.

I use affirmations to start my day off on the right foot. I find one that supports my goals or helps to address current emotions or feelings of inadequacy that I may be working through.

Whatever your situation, it’s important to find affirmations that feel authentic to you. You can’t and you shouldn’t force yourself to use an affirmation that doesn’t inspire you.

Here are some of my favorite affirmations:

I
AM
POWERFUL
CONFIDENT
AND
HAPPY

»» → MBSTRENGTH.COM ← ««

I CAN HANDLE
DIFFICULT
SITUATIONS
WITH CALM
ENDURANCE

»» → MBSTRENGTH.COM ← ««

I
AM
WORTHY

»» → MBSTRENGTH.COM ← ««

BREATHE IN THE
GOOD SHIT
EXHALE THE
BULLSHIT

»» → MBSTRENGTH.COM ← ««

LIFE DOES NOT
HAVE TO BE
PERFECT TO BE
WONDERFUL

»» → MBSTRENGTH.COM ← ««

I PERSIST
THROUGH EVERY
CHALLENGE

»» → MBSTRENGTH.COM ← ««

I AM BECOMING
BETTER EVERY
DAY

»»→ MBSTRENGTH.COM ←««

I WILL GREET
TODAY WITH
CALMNESS AND
CONFIDENCE

»»→ MBSTRENGTH.COM ←««

I AM OPEN
TO ATTRACT
ABUNDANCE INTO
MY LIFE

»»→ MBSTRENGTH.COM ←««

Quotes:

There is nothing like a good quote to inspire you in your time of need. There is wisdom, beauty, and power to be found in the words of those who came before us. No matter what the circumstance you can find the right words to help you through the challenge you are facing. Quotes can change your perceptions on life and those around you. They can inspire you to take action in the face of fear. They can provide comfort when your heart is breaking. We all have our

favorite quotes. The quotes we reach for in our time of need, the quotes that speak to our soul in new and different ways as we evolve and grow.

Here are just a few of the quotes that have moved and inspired me:





Whether you think you can or you think you can't, you're right.

HENRY FORD

mbstrength.com



We are what we repeatedly do. Excellence, then, is not an act, but a habit.

ARISTOTLE

mbstrength.com



You may not be responsible for being knocked down, but you are certainly responsible for getting back up.

JESSE JACKSON

mbstrength.com



No one can make you feel inferior without your consent.

ELEANOR ROOSEVELT

mbstrength.com



Success is not final, failure is not fatal: it is the courage to continue that counts.

WINSTON CHURCHILL

mbstrength.com



Be the change you want to see in the world.

MAHATMA GANDHI

mbstrength.com



Nothing is impossible; the word
itself says 'I'm possible!'

AUDREY HEPBURN

mbstrength.com



Be bold and mighty forces will
come to your aid.

BASIL KING

mbstrength.com



There is nothing permanent
except change.

HERACLITUS

mbstrength.com



Do or do not.
There is no try.

YODA

mbstrength.com



The journey of a thousand steps
begins with one step.

LAO TZU

mbstrength.com

I hope some of these words have inspired you. Just remember that surrounding yourself with positive words isn't enough. All the affirmations, quotes, and self-help books in the world won't help you unless you utilize the information and put it into action. I encourage you to find a practice that feels authentic to you and your goals. I encourage you to be brave enough to take that first step. Through consistent practice and courageous action you can create your best life.