



# Gentle Guided Affirmation Meditation

## **Introduction:**

Welcome to this meditation. I am Finn, co-founder of The Positive Planners.

At The Positive Planner we truly believe that affirmations can support growth in many areas of your life. For this growth to happen, we believe in working with gentle affirmations that both the conscious and subconscious mind trusts and believes in.

Our approach to affirmations is one which is designed to create a supportive and trusting relationship between your conscious and subconscious mind. It is not enough to simply say any affirmation. The magic happens when you take time to find the words which you trust and you believe in. It is a very personal practice.

Throughout this guided meditation I will slightly change the language used in the affirmations to enable room for growth and expansion. You will hear me use phrases like "I am learning", "I am beginning", "I can choose", "It is becoming more natural", "It is possible."

We want you to build a selection of affirmations which you truly believe. We want you to see your affirmations as a journey. Perhaps you want to be able to say "I love my body unconditionally" but at the moment when you say this you do not believe it. It would not be a powerful affirmation because the subconscious mind would feel like the conscious mind was lying to it. Perhaps if we changed the language to "I am learning to feel neutral about my body" and used this for a little while, soon enough this could then be changed to "I am learning to notice the joy my body brings me." And perhaps this could lead to "I am learning to love my body" finally leading to the affirmation of "I love my body unconditionally."

If you are new to affirmations, or you're finding it hard to truly believe the affirmations you are practicing, then we hope that this meditation can be a gentle support to you on your journey.

## **Set up:**

We will now begin our guided gentle affirmation meditation.

Start by finding a position which is comfortable for you. If you are able, place one hand on your heart and rest the other hand on your leg with your palm facing up. If you feel comfortable, gently close your eyes. Rest your tongue on the roof of your mouth and feel your jaw slowly start to unclench and relax.



Relax your face. Relax your shoulders. Relax your abdomen. Relax your hips. Relax your thighs. Relax your knees. Relax your calves. Relax your ankles. Relax your feet. Relax your toes.

Now we will take a few deep breaths. Breathing in for 4 and out for 6. With these breaths you release anything that no longer serves you in this moment.

Breathing in, 2 3 4 and out 2 3 4 5 6. And in, 2 3 4 and out 2 3 4 5 6. And in, 2 3 4 and out 2 3 4 5 6.

I would like you to imagine a time you felt extremely happy. A time you felt loved and supported and cared for. How does this feel? Where does it manifest itself in your body? Hold this feeling with you as you listen to these affirmations, and know that you have the ability to make yourself feel happy, feel loved and feel supported. As you listen to these affirmations, repeat them back to yourself either in your head or say them out loud.

- *I am whole, I am loved, I am exactly where I should be.*
- *I am learning valuable lessons from myself and I choose to keep moving forwards.*
- *Success is different for everyone and I work to my own rhythm.*
- *Each day it becomes a little easier to speak and act kindly towards myself.*
- *I am learning to give myself the care and attention that I deserve.*
- *Loving myself is a journey that I am committed to.*
- *I deserve to be loved.*
- *I am becoming more aware each day of the love that surrounds me.*
- *I am always surrounded by things to be grateful for. Sometimes I just need to pause and look.*
- *I can find joy in the simple things.*
- *I can take moments to calm down, slow down, and breathe mindfully.*
- *Trusting myself is possible.*
- *I let myself imagine the future I deserve.*
- *I am beginning to see the many options I have.*
- *I am learning to let go of what I cannot control.*
- *I give myself permission to do what is right for me.*
- *It is OK to set boundaries with others and focus on my needs.*
- *I accept my emotions and I let them serve their purpose.*
- *My worth is not measured by my progress. I allow myself to slow down.*
- *I am patient and kind with my progress.*
- *I choose to forgive myself and let go of past mistakes.*
- *Showing myself kindness and compassion is becoming more natural every day.*
- *I am enough. I am enough. I am enough.*

Now gently take another few breaths, and when you are ready open your eyes.