

A sunset over the ocean with a white border around the text.

*HOW TO
CHANGE
YOUR LIFE
RIGHT NOW*

by journaling & the use of
positive affirmations

www.larissadenenting.com

Everything you need to know, and more,
about the use of positive affirmations.

INCLUDING 30 POWERFUL AFFIRMATIONS TO HELP
YOU START LOVING YOURSELF (AND LIFE) AGAIN

HOW JOURNALING & AFFIRMATIONS CAN CHANGE YOUR LIFE

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30 affirmations for self love

1. I completely and unconditionally love myself.
2. I accept myself for who I am, right here right now.
3. I am perfect as I am.
4. I am worthy of love.
5. I am worthy of all good things.
6. I am worthy of accepting and loving myself.
7. I am worthy of having everything I want, need and desire.
8. I am unique and that is my gift to the world.
9. I am wise and have all the knowledge I need to have.
10. I am healthy, I am whole, I am complete.
11. I love my body, I take care of my body, I take care of myself.
12. Challenges are opportunities to learn, to grow and release.
13. Everything in my life is working out for my higher good.
14. Life is beautiful.
15. I am beautiful, inside and out.
16. I accept compliments, because I know I deserve them.
17. I can say 'thank you' to compliments, and to people giving me things, because I know I deserve it.
18. I am intelligent, talented and a gifted person.
19. I believe in me.
20. I am strong. I am fierce.
21. I can overcome whatever life throws at me, because I am fierce.
22. Everything is possible, I just need to ask for it.
23. I am a magnet for everything I want and need.
24. Right now, everything is perfect as it is. I am perfect. Life is perfect.
25. I accept challenges, learn from it, release it and move on.
26. Happiness flows freely from me.
27. I am a joyous person.
28. I am powerful, confident and capable of making my dreams come true.
29. I am a beautiful person.
30. I am enough.

Here you go... 30 incredibly powerful affirmations that you can use on a daily basis. Affirmations about self-love, affirmations about accepting yourself for who you really are.

My struggle, my battle...

"Laris, where are you? Larissa?"

I hear Raymond call my name. Finally, he's looking for me. He can help me! I try to say something back. Tell him that I need him. That I need his help. That I need help now.

But I can't... I can't talk. My mouth just doesn't work anymore. And Raymond doesn't even know where to find me.

So here I am. All alone, sitting on the floor in our closet between my fancy dresses and jackets. It's warm here. Dark. Safe. And it feels as if I am being hugged by my clothes. A hug I so desperately need.

Why haven't I found this spot earlier? I mean, normally my hiding place is the closet underneath our stairs. Not too comfy. Hell... the toilet also functioned pretty well as a safe, dark and small space to hide. But this place... Oh man, I like it here!



I try to call Raymond. Tell him where I am. But it just doesn't work. Nothing works anymore. My whole body has been shut down. The ONLY thing it keeps doing, is rocking itself like a little child who's really sad. It so bizarre!

I can't move.

I can't get up.

I can't walk.

I can't talk.

I can't even raise my arm or lift a finger.

You have to stop this, Larissa. Now. You know what to do. You've done it before. You can get out of this. You will get out of this. Just try. You know what to do.

Stop. Stop. Stop! As if I could EVER get out. As if I could ever function normally. As if I, ME, would ever be good enough to function like any other normal person. You can't do that! You're not smart enough. Look at you, hiding in a closet. Crying your eyes out. Not even able to move. What kind of life is that? It will never get better! Just forget about it. Forget about life. Just end it, already! Then at least your family can move on, and you won't have to bother them with your madness.

Laris, start with the easy steps. Just start counting. As far as you can. Just do it. It will help you. Ok good! Now what do you see around you? Come on, open your eyes and see where you are. Name it. Colours, what colours do you see now? You can do this!

Ha! You see... You're not smart enough. Just look at you. As if you could ever make it stop. Make all the thoughts stop. All the negative self talk. You can't. It's too strong. Just give in. It's too difficult. You're not strong enough! This is not worth it. This life is not worth living! End it. NOW!

Arrrggg! Stop it! Stop it now! Get out of my head! Arrrggg!!!

You see? It's over. Hitting your own head. Banging your head against whatever you can. Biting your own arm... It's time to end it. Find those sleeping pills and end it!

Laris, again! Start counting to 10. Do it. You can do this. You've got this! Good! Now look around you again. What do you see? What colours? What shapes? Just look. Easy. It's ok. You're doing great! Now try using your voice again. Count to 10, do it out loud. Yes, that's it. Do it!

"H..h..h...he...help! Help me!"

Thank God! Raymond heard it. He heard me. Now he can help me. Help me stand up. Carry me, if needed. And help me start walking. I need to get moving. Start walking.

I can't sit down again. Not again. If Raymond let's me sit down, it will happen all over again. I cannot sit down... Need to get moving. Get out of my head and start using my body. It's the only way....

What do you choose?

This is my life with C-PTSD, also known as Complex Post Traumatic Stress Disorder. And in fact, I should add depression and fibromyalgia to the list too. My life, by battle.

The passage on the previous page gives you a glimpse of this battle inside of me. Of what is going on in me, during a flashback or body memory. It's a battle in which I believe that body, mind and soul are separated.

My body is trapped in a memory of something painful. My mind (or perhaps ego) tells me all these negative things, and tries to convince me to end my life. And my soul gently makes me fight back. Fight for life. Fight for me....

It's heavy. It's exhausting. And yes, it's extremely painful too.

And everything happened thanks to these bizarre things that my mother did. My C-PTSD was triggered to surface due to the unfortunate death of my father. But it has been inside of me for all these years. It has been a part of me. I always thought I dealt with it. Clearly not! It just surfaced recently, and therefore forced me to work on it. To deal with it. To heal myself. Finally!

And sure, I could be really angry about everything. Still, to this day even. Believe me, been there done that. But I choose something different instead.

I feel blessed, in a strange way, for having to go through it all.

I healed.
I grew.
I learned.
I accepted it.

And yes, I even forgave...



I know that life is not always this sunny, fun, peachy thing we get to do. I know. I mean, I've had my fair share of difficult things that I went through.

Not only things that happened in my childhood that were far from OK. Things that are so dark, so heavy. All of which, things that my very own mother did to me. And nobody protected me from it. From her. But that's a really long story. One that I will share in my next book.

In addition, after the birth of my first son I was diagnosed with fibromyalgia. A chronic illness that makes your body feel hurt all the time, while being extremely tired too.

And as if that wasn't enough yet, during my second pregnancy my dad passed away. Which in turn triggered my C-PTSD to surface. All combined with a depression, straight after giving birth to my second son.

So there you have it. I know, like KNOW, that life is not always fun. That life can be difficult, hard. I know...

But I also know that each and everyone of us has a choice. We always have a choice!

At my darkest moment I was standing in the kitchen. playing around with aspirins. Thinking to myself: "How many shall I take now? How many could I take? How many until it's done? How many until my body actually gives up?"

I had an important choice to make: To continue down that path, take the aspirins. Empty the entire box and see what would happen. Hoping it would end my life, because that was the whole point of it all.

Or... To seek help. Help that I clearly needed, if I would continue my life. Help from a good therapist to deal with the darkness. But also help with learning how to cope with my thoughts and emotions.

It's a choice.

I made my choice, obviously. And it was the best decision I could take. Because now I get to show you that it is possible. That you too can turn your life around. That you can enjoy life again. No matter the past. No matter the hardships.

It's always a choice. And it's up to you to decide.

What I did to heal myself

Healing did not happen to me, like something that came to me completely out of the blue. It's a proces. Healing is a proces. It always is. Not just for me, but for everyone.

I now dare to say that I am healed. I no longer suffer from my depression. I no longer suffer from my C-PTSD. And I no longer suffer from my fibromyalgia. I have never before been so happy. I have never before felt so blessed. And I have never before enjoyed life this much. And I seriously never before thought it would be possible for me, given the condition I was in.

So there you have it. If I can feel this good about myself, this good about life, about my life. Then why can't you? It all comes down to a few tools that you need to understand and apply. Tools that wil help you in changing your complete outlook on life.

Here's what I did:

To start with, I felt a strong urge to seek medical advise for myself. Even though I thought I was doing just fine, that I didn't need to see a psychologist or therapist. Something inside of me told me to seek help anyway. And that's what I did.

If you feel like that's what you need, go for it! I feel that everone could benefit from a few visits to a therapist, no matter the way you feel. The insights you get from these simple talks are amazing. For everyone! So stop acting as if it is something to be ashamed of. Or something that you should be secretive of.

I've had so many discussions with women who feared the reactions of other people around them, when they would decide to go see a therapist. It's saddening actually. To not take care of your mental health, all because you fear what others might say about you. Even though it's nothing to be ashamed of. You're simply taking care of you. That's it.

For me, going to a psychologist let me on this huge inner journey. A journey during which I trully got to understand emotions. Understand my own emotions.

What do emotions feel like?
Where do I feel certain emotions?
What's the actual underlying thought of each emotion that I feel?
What happens when I feel emotions?
Am I still OK after I felt something? Or did I just crash and burn?

The inner journey

The moment I got stronger and more confident with myself, the harder my inner battle became. My PTSD was playing up even stronger, as if it was fighting back for its existence while I was trying to eliminate it. That was the moment my psychologist and I decided it was time to take it a step further. I was ready for EMDR therapy.

Now, EMDR therapy is not the type of therapy that I would recommend to the whole world. It is heavy. It is dark. It is intense.

And as if that's not enough, EMDR leaves you cracked wide open. Not only for the therapy moment itself. Oh no! EMDR therapy has a longlasting effect on your body and mind. An effect that lasts up to 3 days after the session. That's at least 3 days of being extremely tired, and 3 days of such a bad headache that the only thing you're capable of, is laying down. The entire day. And I've had multiple sessions... So many that I can't even remember the exact amount of EMDR sessions.

Months went by going through these ups and downs. Each month I grew stronger. Each month I learned more about myself, my past. And each month I started to feel better and better. Up until the moment I told myself while doing the EMDR "I'm ready. I'm letting go of everything now. It's OK!"

As I grew stronger mentally, I was set on enjoying life again. I made a conscious choice that I would enjoy life again. No matter all things I went through. That was the very first time I started looking inwards. Focussing on using my brain to improve, and to strengthen, my emotional and mental power. Innercising, as some would call it. Doing inner work, or mindset work as I prefer to call it.

When I started working on my mindset, everything changed with it. My relationship with Raymond and our kids, other loved ones, friends. I also started to take bigger leaps of faith, trusting in my own knowledge. Following my gut feeling or intuition. I even decided for everything in my life, if it was worth to keep. I kicked all negative things out of my life, because I needed that. Huge steps I took thanks to doing lots of inner work!

This inner work is exactly what I still do, every single day. Multiple times a day! It's super powerful, and works quickly. For me, it's a combination of various tools Meditation, journaling, positive affirmations, visualizing, setting intentions, and seeing "negative" things as a lesson. One that you can learn from, grow from.

But ultimately, it all starts with fully loving and accepting yourself. And that can be practiced by journaling with affirmations. Daily!

My daily practices

Every day I use affirmations. There doesn't go a day by, that I do not use positive affirmations. Never! It's part of who I am and part of the way I live.

Not using positive affirmations every day, has an immediate effect on the way I feel. Trust me, in the beginning I have skipped my affirmation writing sessions. But no more! Skipping it makes me feel incomplete, empty. And soon enough, I find myself losing control over my thought pattern. The negative self talk sets in, and takes the lead. Which I can tell you, isn't a good (or healthy) thing.

Morning routine:

When I wake up in the morning, first thing I do - yes, even before I grab my phone to check my inbox or social media - I either listen to some meditation music, or take my journal and start writing. Or I combine it all together, which is my favourite thing to do.

In my journal I start writing whatever I feel necessary. Could be just random positive affirmations, about every possible aspect of life (biz, personal, money health, whatever). Or any of these specifically, that I feel could use a bit of extra attention for that day.

As soon as I'm back home after having dropped off the oldest at school, and having gone to the gym myself, I again take my journal for a writing session.

I always put on some meditation music, something relaxing. Burn some essential oil, a big cup of coffee, and get ready to write.

This time, being a free journaling session. During that journaling session I simply let all thoughts come out. Kind of like a detox for your thoughts. And I always end this detox with positive affirmations. I change all negative things I wrote in my journal into positive statements.

After my mental detox, I add my vision for my life to it. Stating everything in my life, the way I see it is going to be. Kind of like a having a dream, but then written down. See it as writing what my ideal day would look like. And then super detailed, including the way I feel, what I eat, drink, all of it.

AND... As if this wasn't even enough writing for the day, I do even more writing. I also take about 30 minutes a day to write money affirmations. Yes, I specifically write about money in my journal. The moment I started setting money intentions while journaling, my money situation changed for the better. And it still keeps on getting better each day!

It's life changing!

I believe that the use of positive affirmations is more than life changing. In my opinion, you literally change your life by writing. By journaling. By setting intentions. Not just for the day, but for your future even.

So sure you can use affirmations only at certain challenging times. Like right before a big meeting or presentation. Or when something bad happens to you. Or when you feel like crap. Journaling and using affirmations really helps in those situations.

But there's so much more you can do with it! Why don't you just give it a try and see for yourself? See how it works and what it does to your state of mind?

See the use of affirmations as:

- Controlling negative emotions.
- Controlling negative self-talk.
- Improve your self-esteem.
- Give yourself a kick in the ass .
- Improve your productivity.
- Find your inner peace again.
- Work on your self-love.
- Work on self acceptance even.



Look within for answers

Everything in your life comes from within. From choices you've made. Long ago or perhaps not even that long ago. Every decision you have made in your life has led you to the point where you are now.

It's as simple as this:

In 2015 I decided to start my own webshop. I kept it small, because my previous employer was not allowed to know about it. Or well... I wasn't allowed to have a biz of my own. I didn't listen, and started it anyhow. Guess I'm not the perfect employee. I'd rather follow my gut instinct.

In 2016 I made the choice to hire a business coach to help me grow my webshop. Because by then I already decided I would be earning my income from my webshop. I was at a really low in 2016, up until the beginning of 2017. But this coach told me to shop myself more in the communications of my webshop. So that's what I did. Showing myself on social media. Very awkward if you still feel you're not allowed to have a business of your own. But I kept doing it anyhow, because people responded so amazingly well to it. To me, that is.

In April 2017 I was at the darkest point in my life, I had ever been. My PTSD was raging inside of me, having me doubt my entire existence. That moment I decided (it was either life or death) to fight for my life. Start with the heavy EMDR therapy. Start with changing my entire life actually. Almost at the same time, I came across an amazing business mentor

who taught me everything about inner work. About looking within and changing my mindset. Finding answers to my questions within me. And being able to trust that I always know what to do, and what to choose. All the choices I made, led me to this very day. I now feel amazing. I love what I do. I love my webshop that grows every single day. I love writing, inspiring, teaching. I have so much fun! And I have a loving husband, kids, family, and friends worldwide.

So all the answers you are looking for, can be found within. One might call it intuition, or gut feeling. Or perhaps even a connection to your Higher Self. But "it" has all the answers you want. It's up to you to ask the questions, and then to trust it.

Feels like it's too difficult to do, or understand? I bet you are familiar with sensing that something is "off", or something bad is going to happen. Right? Or when you enter a room and instantly feel the energy there? This negative, heavy energy? That's the thing I'm talking about! As soon as you start following that feeling, that whisper, you'll develop a stronger intuition. The more you listen to it, the more you develop it. And the safer you feel in trusting that feeling/intuition/whisper/guidance.

You always know the answer. ALWAYS! You know what is best for you. No matter how big the thing is, that you want answered. You know what's right for you. All you have to do is trust. Trust that you know what's right.

For me, it was during one of the final EMDR sessions that it became even more clear that all answers are within.

For years and years I was looking for an answer from my mother. An answer to the question "Why she did what she had done to me". Not only did I want an answer to that question, I wanted to understand it. Feel it. Deep within, on a soul level. Up until the point that it got a hold of me. I tried to imagine why anyone would do this to his/her kid. Wondered if I could do it to my kids. I read about it. Investigated it. I spent countless hours on it. In the beginning I was relieved. It was good to read about it. To recognize parts of what she did in mental disorders I read about. I even read several medical research documents about these disorders. Because it was clear to me that my mother obviously has some kind of mental personality disorder. But reading about it taught me new things. Gave me new insights.

But did it bring me peace? The inner peace I was desperately looking for? No, not at all. Because all it did, was light a fire within me. A fire that wanted to consume everything! It got a massive hold of me. Visiting website after website, reading lots of blog posts, various forums even. My head started to explode by everything I read, by everything that was running through my mind. The adrenaline was raging through my body. And then it was time to go to bed... Sleep? Now? Don't think so!

The why- question kept coming back to me, even during EMDR-sessions.

- * Why did you do this to me?
- * Am I not worthy of your love?
- * Am I unloveable?
- * Am I not good enough?
- * What did I do wrong?
- * Why?

Lots of difficult questions. Questions that might even resonate with question you ask yourself, if you've been through something difficult in life. I believe these type of questions, and feeling it as true, is what causes insecurity in us human beings. It makes you feel like you're not worthy of love, not good enough, not worthy of life perhaps even...

But here's the catch: the answers you seek to these questions, do NOT do a thing for you. The only person who can answer these questions, is you. Yes, you!

Sure, someone might have hurt you in the past. Did something bad to you. And you feel like you need answers to resolve it. But it's not going to give you any peace when this person gives you the answer. Even getting an apology is not going to change it.

You are hurt, inside of you. A person saying "sorry" or giving an explanation, will NOT lessen the pain and hurt. Yes, it might give you an explanation that you were looking for too. But it is not going to stop the pain.

You see? You might get a super logical explanation for it all, but still your feelings will not understand it.

Let me clear this out for you with an example of myself:

Long ago, I begged my mother for her apology. I honestly thought it would stop all the pain. I thought her apology would instantly make me feel better. Make me feel secure, worthy of love, her love even. Yes, it's crazy. I know. After having asked her this for years, I gave up. I was only going to ask her one more time, via an e-mail in which I explained her how hurt I was by everything she had done to me. Asking her to please apologize for it all. I sent the e-mail, and waited... And waited even more. I was hurt, again. She wasn't responding to my mail. And I really thought, hoped and prayed she would reply this last time. After weeks I finally got an answer. Yes, I got an apology. But more so, did I get a mail filled with more lies. That she was being stalked. Her e-mail was being traced by the police, and that there was no time for long e-mails. Yep, a harsh lesson for me.

That's what I want to show you now. An apology, or even an explanation, does not solve a thing. I know (logically) that my mother is mentally ill. I know this. And perhaps she even felt sorry back then. Still, it doesn't make the pain stop though. It doesn't magically make me feel better about it all, about myself even.

Try to see everything that happens to you, no matter how bad or difficult, as a lesson. A lesson in getting to know yourself better. Understanding how strong you are. A lesson in how much you can handle. A lesson in how far you can be pushed to the edge even. That's what looking within is all about. It teaches you so much about yourself, despite some horrible situations. And most of all, it teaches you to accept yourself for who you are. That it is OK to love yourself. To accept yourself. The good, the bad, and the ugly.

Answers from outside of you are not going to change that. That's always something external. An explanation or answer from someone else, based on his/her perception on life. Not yours.

You are you. Yes, shaped by the past. But also by choices you made. Choices you make today. And even choices you make in the future. That is what ultimately defines you. Not just things that happened in the past.

You decide what kind of life you want. The person you want to be. How you want to feel. Want to feel loved? Do it yourself. For you. For others in your life even. No longer want live your life from a sad place? That's a choice. No longer letting fear rule your life? That is a choice too. No easy choices! But it's a choice.

And yes, automatically you're mind or ego will try to force you back into the "old version you". But it's up to you what to do with it, because you could also choose to just ignore it....

My practical suggestions for

using

AFFIRMATIONS

- Buy a journal, or use a notebook that you already have. You WILL need it. Sure, you can also type everything on your laptop/computer, but actual writing (the oldschool way) does seem to work better.
- Start your day (or as soon as you drove your kids to school/daycare) with writing down affirmations in your journal. Feel the need to rewrite it, so that it feels better? No problem at all. But do the fucking work!
- Any affirmations that make you feel like it's somehow not true? Triggers you in any kind of way? Makes you feel emotional? GOOD! There's something to work with then.

*Only you can
change your life.*

*No one can
do it for you.*

When you get triggered by an affirmation and that will happen for sure...

So there you are... Writing down the affirmations, but suddenly you feel like something is off with one of the statements. Not the way I wrote these for you, but there's this feeling of unease with it. Perhaps you feel super emotional about it. Or that it can't be true for you. That's OK. And that's what we call being triggered. It can also be someone who gets you angry, or frustrated. Or something that makes you sad. It's all you being triggered by someone or something.

When we talk about being triggered by an affirmation, it has to do with your internal belief system. So the moment you are triggered by one of the affirmations that I created for you, remember this. You have been telling yourself different things for a long time. It's only logical that your mind will tell you this new thing is NOT true. That it can't be true. Because that is what it is used to. It is used to negative self-talk.

That's OK, but let's change this. Right here, right now. Find the affirmation that makes you feel uncomfortable, uneasy, emotional. Take a deep breath, and repeat the affirmation to yourself for a few times now. Then just sit there with all the emotions bubbling up around this affirmation.

Just let it come. There's no need to hide these emotions or feelings. It's all OK. Just let it be.

Take a deep breath... Breathe in, breathe out. And while you breathe out, visualize negative emotions leaving your body. Repeat it, if it still doesn't feel good.

Once you have released all the emotions, repeat the affirmation and actually feel it. Feel the love for yourself.

This is the most relaxing way of quickly releasing negative thoughts or emotions. Always.

Feel there's more to be released? Try some free journaling on the affirmation that triggered you. Let all emotions and words flow out of you, right onto the paper you're writing on. There's no right or wrong. Just write it all down. Don't think too much, just let it all come.

You will soon start to see that you start off with writing all negative things that came up, and slowly bend it into a more positive feeling. That's the power of journaling.



Creating affirmations

So gorgeous, you now understand the impact of affirmations and journaling itself? Tried it with the affirmations I provided for you, about self-love? And you now feel like you're ready to take it to the next level? Let's do this!

Try writing your own affirmations. It can be about whatever you want. Biz, life, love, money, your body, health, you name it.

My advice in this, is the use of the correct wording. Not only do you make sure you actually feel good about the words you use in the affirmations, but there is more...

If there's any area that you want to work on with the affirmations - but it feels to far out of reach - you can play with that.

For example:
You want to use the affirmation "I am worthy of love", but you just dont feel it's true. That's OK! No need to fear it wont work for you. Just change it into something that makes it feel more reachable or believable.

Like:
"I now choose to believe that I can believe that I am worthy of love."

"I now choose to believe that I am completely worthy of love"

"I now decide to believe that I am worthy of love."

"I now fully believe that I am worthy of love. I am worthy of love.

It "can get a bit wordy, but does do the trick. It's all about choosing the right words that feel OK with you. And it's not like you can't change the affirmations each day. You can make your own affirmations, and use different ones every day. It's all OK.

*Words are powerful,
use them wisely!*



Make it a done deal!

Another important thing to keep in mind when making affirmations, is that you write it as if it is already done. Not like it's something that will happen some day in the future. No, it is something that is already taken care of, right here, right now.

Use:

I am happy.

Instead of:

I want to be happy.

Or also not:

I will be happy.

The only, and I mean the ONLY, correct way to do this, is to use the first example that I gave you. That way you can trick your mind into believing it is already done. Otherwise, it keeps focussing on the part that there's still lack of something, and that's not what you want. You want more!

Focus on abundance and positivity in your life, and it will create more. Focus on negativity or lack, and you will....
Yep, remain feeling lack and negativity.

I'm not saying that wanting something is bad. Of course not! But stating it this way in your affirmations (I want, or I will) focusses on the fact that it's just not there. You see? That's focussing on the negativity/lack, thus you'll remain in that state of mind.

Avoid negative words

Your affirmations should NOT contain negative words. If your mind can find anything negative about the affirmation, it will pick up on it and focus solely on the negativity. So for example:

Use:

I am perfect as I am.

Instead of:

I no longer have insecurities.

You see the difference there?

Your mind will instantly see the word insecurities and focus on that only. The fact that you also use the words "no longer" does NOT mean a thing to your subconscious mind. That statement only focusses on the lack or negative part, thus is a statement that you should not use.

I mean, who wants to keep repeating negative statements to themselves? I don't and neither do you, otherwise you wouldn't be reading this book.

So ALWAYS use positive words!



More ways of using affirmations

Journaling

Like mentioned earlier here, use a journal or diary to write down your affirmations. Once you get into the habit of doing it daily, you will start to see the progress you're making. And believe me, you WILL see changes. Positive changes, that is. You will literally WRITE YOUR FUTURE.

Honestly I am still so amazed about the power of journaling. About writing your future.

Imagine this:

Earlier this year I wrote in my journal that I would be bringing our Scarfz packages to the post office on a daily basis, driving our new BMW. Hubby changed from jobs, had to give back the French branded car which was also OK, but still different to a BMW that we've always had (private or business lease).

Off to his new job, and he was presented with.... Yes, a BMW.

So guess what car I now use to go to the post office? That's right! Of course the BMW. Wrote our future, simple as that.

You still don't see it as true? I've got so much more examples! Just contact me and I'll show you the proof. Woman, you will be amazed!

No journal or diary with you? You can always type it as an e-mail draft. Actual writing is, however, more powerful. But better to do something with positive affirmations, than to not do it at all.

How to journal with affirmations

There are several ways you can use affirmations while journaling. I'll explain these ways to you now.

Bullet point style affirmations:

You can choose to simply write a list of affirmations in your notebook. Do it bullet point style. And write down whatever affirmations you feel you need to write down. Whatever feels good. But also those statements with which you feel you need more of in your life.

For example:

You don't feel complete love and acceptance for yourself. Then writing it down as an affirmation kinda feels like you're lying to yourself, right? That is exactly when you do it!

More ways of using affirmations

Write the affirmations in your notebook, and really try to feel each affirmation as if it is true. Feel the energy through your words. Feel the positive energy from these affirmations. Feel it in every cell of your body.

The more often you do this - write it down, repeat it in your mind, even tell yourself out loud - the quicker you start to feel it could actually be true. And then, one day, it just clicks. All of a sudden it's true. You feel it, you know it.

Free journaling:

My absolute favorite way. I love the way free journaling works. Letting all thoughts and emotions just come out of your mind, onto paper. Just writing without thinking about what you're actually writing. No matter what kind of mood you're in.

Feeling awesome? Then it's bound to be a positive free journaling session. Not feeling too well? That's OK too. Just start with how you're feeling now.

You can even start by asking yourself some questions:

- How do I feel today?
- Why is it that I feel this way?
- Is it realistic that I feel this way?
- Could I see it any other way?
- Could I feel something else?
- Can I change the way I feel today?

Really insightful questions that will help you explore your feelings better. Make you see your own thinking pattern, and perhaps even a chance to adjust your thinking pattern.

After this part of journaling, you have cleared up so much already. Perhaps you want to dive into it even deeper by continuing your writing. Once you start writing, you'll notice that you get into a flow state. You're simply writing down whatever comes to mind, without thinking. That's the flow we're after. You can continue writing until you feel done.

Then you finish it by writing the positive affirmations in your notebook. Really try to feel each affirmation. When you write "I absolutely love myself", try to feel it in every cell of your body. Do this for each statement.

More ways of using affirmations

Meditation

I absolutely LOVE meditations. It instantly clears my mind, shuts the monkey mind out, and makes me feel super calm and focused. Have you tried meditations already?

My favorite and most relaxed way of meditating is focusing on a goal of mine. To see, feel, experience what it is like to have fulfilled my goal. But that is something else.

Combine meditation with the use of affirmations and you have 2 super powerful tools together working as a whole.

How to meditate using affirmations

- * Make sure you are in a place where you know that you will have the time to relax, somewhere you won't be bothered for 10 or 15 minutes. But also a place where you feel safe and comfortable.
- * Find a nice and quiet place to sit or lay down, whatever feels best for you. I prefer laying down, because my body completely relaxes during meditation. Sitting straight up is just not an option for me. If it is for you, that's OK.
- * Ready? Ok, now take a few minutes to just ease your mind. Take deep breaths in, breathe out deeply. Make sure to have a continuous flow of oxygen moving through your body.

No pausing in between each breath. Simply focus on your breath. Breathe in, and breathe out. In case your mind should wander, just ease it back into focusing on your breath.

Is your mind still overthinking? That's perfectly normal, my dear. Let every thought just come up, and simply let it go away. Just release it and ease your mind back to your breath.

What helps me, is that I just think to myself "breathe in, breathe out". That way your mind is more focused on the breathing part, than on any other thought.

* To get into a quieter place inside your mind, you can even add this extra breathing exercise to it. Take a deep breath in, and breath in for the duration of 3 seconds. Now pause for 3 seconds, while holding your breath. And then release, by breathing out during 3 seconds. Do this a few times and you'll notice your mind relaxes even more.

More ways of using affirmations

* You will feel that your body starts to relax. Now try to feel what your body feels like physically. Feel what your neck feels like, your arms, your stomach, your back. Feel your legs and even your feet and toes.

To me, my body always tends to feel heavy when I'm meditating. As if I can sink into the mattress of my bed. But a tingling sensation happens sometimes too. Whatever your body feels like when it is relaxed, it's all perfect.

* Now imagine your body as a form of bright shining energy. Everything in this world is made up of energy (quantum physics, baby), and so is your body. Just imagine your body as a glowing form of energy. As bright golden light shaped into the form of your body. Can you see it? Can you see your body as this bright light?

* Release all this energy, the entire shape of your body, into a million particles. Just let go. You are completely safe. It should feel like a buzz or tingling sensation in your entire body. You are now experiencing complete relaxation. Your body and mind are completely relaxed.

* Now is the perfect time to start saying your positive self-love affirmations in your mind.

Just say whatever affirmation you want to your self. Keep repeating it. If you can or want to, you can say it out loud too. But self talk is also perfectly fine.

* Try to feel the affirmation in your body as a positive feeling. What do you feel? Warmth? Tingling sensations? Love? Feel it. Really feel it and enjoy it.

* Is there any positive vision that comes up with this affirmation? Can you see something in your mind's eye? If so, then you want to zoom in on it! As if you are there. Touch things, and really feel its surface. What does it feel like? Soft? Hard? Warm? Cold? Any particular textures?

* Are there any sounds that belong with this positive sensation? Focus in on that. I want you to fully feel and experience it in as many ways as possible. We're going to get as many senses to work with you, for a maximum result.

* Any smells that go with your affirmations? Whatever comes up for you, is OK. Really try to smell it now. Inhale deeply and let the smell become a part of you.

More ways of using affirmations

Exhale gently and now do it all again. Inhale the smell, enjoy it, and exhale.

For me, inner peace goes together with the smell of lemongrass. It has to do with really happy memories of one of our holidays in Thailand.

That holiday, we stayed in a resort with amazing rooms and views. As soon as you walked onto the premises of the resort, you could instantly feel the peace and serenity there. Every day, the cleaning lady would make up the room and she would always put an oil burner in the room with essential oil in it. Which was, of course, lemongrass oil. That smell... heaven on earth!

Every time I think of that smell, it brings me back to that state of inner peace that I felt there.

* Hold on to fully experiencing all these sensations. You can spend as much time as you want in this space. Enjoy it to the fullest! Really try to expand on your emotions. Make them bigger, brighter, as amazing as you possibly can.

* And now, say thank you! And once again, try to feel it within you. Say thank you to yourself for creating this space. Say thank you to the

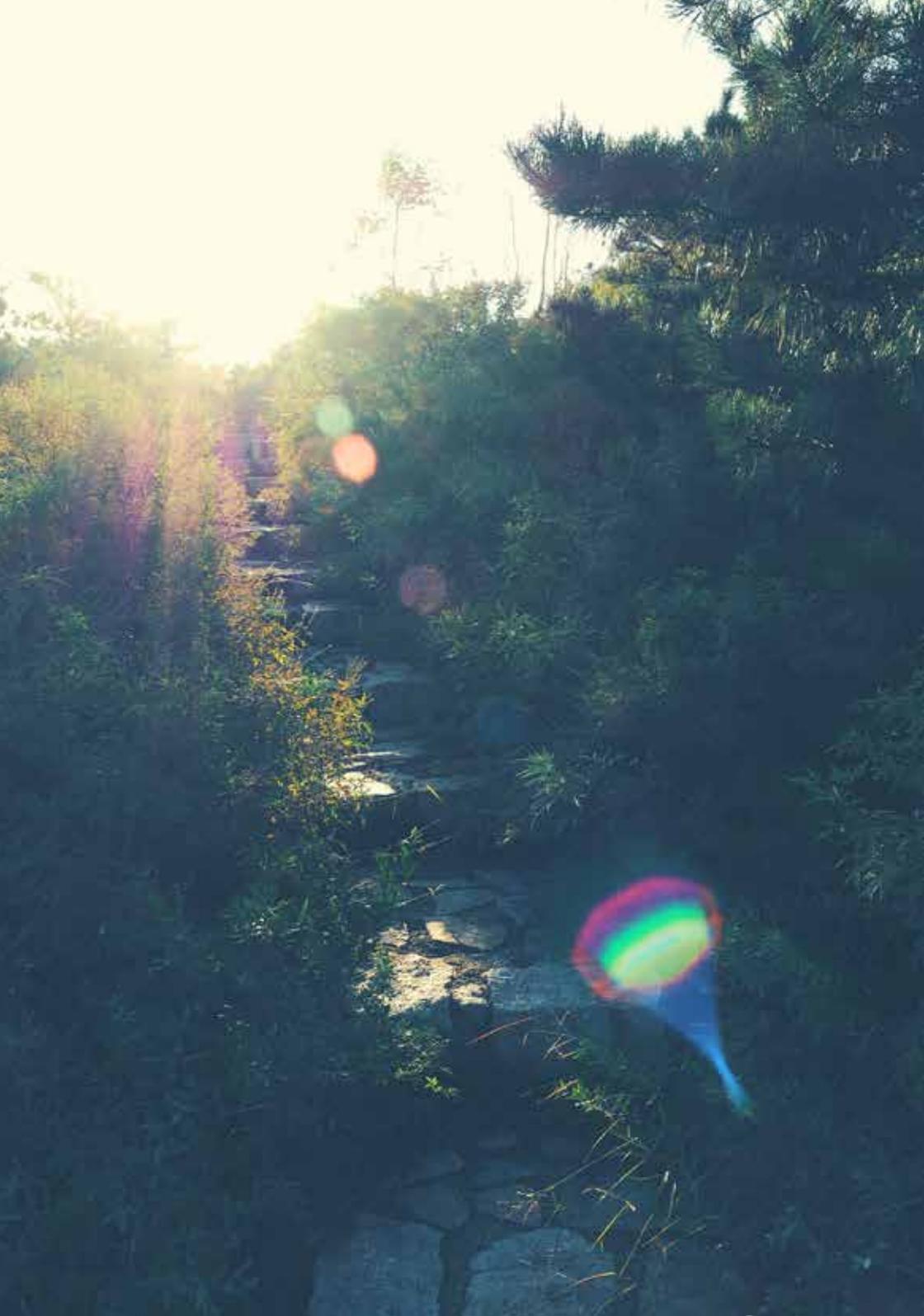
Universe/God/nature or whatever infinite source you believe in. Thank you for everything you have learned. Thank you for everything you have done. Thank you for everything you have felt.

Gratitude is one of the most important things to show. It shows that you are thankful for being alive. Thankful for all the lessons you are learning, even though some are extremely difficult. In return, you get more positive things coming your way.

* Once you are ready to leave this quiet space, tell yourself that you can ALWAYS get back here. You can see this as your own happy place. A safe place, if you will.

Slowly move your fingers and your toes. Try to feel your arms and legs again. When you're ready, open your eyes. Give yourself some time to fully get back to the here and now. Just take your time, it's all OK.

Now that you are back again, try to keep this positivity running through your body for some time longer. It's a great feeling, so why not enjoy it some more?!



What's next?

There you have it, all the basics you need to start with using positive affirmations and journaling. Things that can seriously change your life for the better. That's what it did for me, and I know it will do the same for you. But... Yes, there's a but! There are a few things that you need to know. Things you need to understand about making it work.

It will take time. You will need to invest time in doing it. It's not that you can read this book and that suddenly everything starts to change. I just wish I had superpowers like that! Just make you read my book, and within minutes you're fully enjoying life the way you're meant to. Doesn't work that way, as with any other self-help book that's out there.

So yes, it will take time. But more so, it will take consistency. Consistent journaling and use of positive affirmations, is what I mean. Remember that you have been telling your mind negative things for many years most likely. It's only logical it takes some time (and practice) for your mind to start believing these new things you're telling it.

Let me be extremely honest here. It's not like all of a sudden you will never again have any insecurities. It just does not work that way. Even the most famous, badass people you know, still have insecurities. They just know how to deal with it. And most of the times, it comes down to simply ignoring it.

You see? I also have fears and insecurities. Lots of 'em! I mean, the very first moment I decided to step into my power as a writer, inspirator, and mentor, I was scared. And scared doesn't even do it justice here. Because, if it were up to the "old me" I would just forget about it all. Pretend I never listened to my intuition that kept telling me to get on a stage and share my story with the world. The only thing I did, was just ignore the fear.

Fear is a scary emotion. So many people live their lives based on fear, whether they know it or not. Fear lets you stay in your comfort zone. It keeps you safe for any possible harm. Our brain is wired to do this, all to keep us as safe as possible. But if you want to make changes to your life, you will have to face your fears. There really is no running away from it. Because that again, makes you run straight back to your comfort zone.

So what do you do when you face fear? There's a couple of really cool tools to use for this. You simply ask yourself a question. Yes, it's that simple! Ask yourself about the worst possible outcome when you are afraid of doing something. As long as it will not have you end up dead, you will be OK. You will always be OK, no matter what happens. And yes, if your choice wasn't the huge success that you were hoping for, that's also OK. Because you learned from it. You grew from the experience itself.

This is it. With all this information on journaling and using affirmations, you can get started immediately.

Now here's what I want you to do. I have summarized the next steps that you can take right now, to start on your own inner journey. Let's do this!

Grab your notebook and a pen. Preferably a pen that feels good to write with. You will write for some time, so get the best pen you can find. I personally find that ballpoints work ok, but I have to use too much pressure for it. And I feel that journaling should feel pressure-free, in every way possible. So also with regards to a simple pen.

Put on some music that you like. Some people use upbeat music, I use relaxing meditation music. It's up to you, again, whatever feels best for you.

Make sure you're in a location where you are able to write without being interrupted. You really want to get into flow while writing, so interruptions aren't the best thing now.

You're ready for your first journaling session! Yeah! Ok, so how do you start? I would suggest for you to start with whatever feels good for you. This could be a mental detox through journaling, in which you simply let every thought come out of you and you just write everything down. That way you instantly get rid of some of the negative self-talk, which is good.

Don't know where to start? Or how to start? Then start there. Write it down. I don't know where to start. I don't know what I'm doing. This is silly. whatever... Keep writing whatever comes up in your mind. You'll soon see that words and thoughts appear, and you just write it all down. Get it out of your system! It feels so good to get it out. To let it all out!

You could also start with using my positive affirmations for self-love. I know that a lot of things that are going on in the lives of each and everyone of us, has to do with self-love and acceptance. Or lack of it. So going on this inner journey, I would suggest for you to start with working on love and acceptance of yourself. Because you matter! You deserve love. Not just from others, no, especially from yourself! And the same goes for acceptance of yourself.

So use my affirmations for self-love and acceptance. Write these in your notebook or journal, and see what happens. See which ones feel good. Which ones feel like a lie. Or which one just doesn't do anything to you. Based on that, you can reframe affirmations so they feel good for you. And then write these new affirmations down.

Whatever way of journaling you use, it's all OK. And don't be shocked to see how many pages you can actually fill while writing. I mean, I have a couple of notebooks filled up in a matter of months now.

As some last advice, I would like to provide you with a couple of ways you can work towards really believing your affirmations.

Let's say we take affirmation #3:
"I am perfect as I am."

You start with writing this affirmation in your journal. Easy right? But it doesn't feel true. So you reframe it. Here's an example of how you could reframe it.

Even though I don't feel it right now, I now choose to believe that I can believe I am perfect as I am.

I choose to believe that I can believe I am perfect as I am.

I now choose to believe that I can believe I am perfect as I am.

I now decide to believe that I can believe I am perfect as I am.

I now commit to believe that I can believe I am perfect as I am.

I now choose to believe that I am perfect as I am.

I now decide to believe that I am perfect as I am.

I now believe I am perfect as I am.

I fully believe I am perfect as I am.

I am perfect as I am.

I am absolutely perfect as I am.

You see how you can use words to trick your mind into believing these statements? The more you use it, the faster your brain will rewire and see it as true.

During the day things might happen that make you feel like these affirmations that you so well wrote down earlier that day, are complete BS. Trust me, your mind will do that! What you do then, is instantly reframe it in your mind.

So you have this negative self-talk going on, that says that you are far from perfect. Here's how you can reframe that:

Ah, that's interesting! Apparently my mind or ego does not yet believe this new thing. Interesting! But I now choose to believe that I am perfect as I am anyhow. Just because I am perfect the way I am.

Cool right?!

There's so much power in the use of words. More than we are taught in school or by our parents. Words are super powerful, written and spoken. It's up to you to use the best possible words for yourself.

Thank you!

Are you inspired to take action now? I surely hope so!
That you are NOW choosing to make a positive change in your life.

All I can say, is that these daily practices of using positive affirmations
have changed my life completely. I truly wish the same for you, and I just
know that you can do this too.

XOXO
Larissa

p.s. Want to know even more?
Ready to take the plunge and dig even deeper?
Get really clear on what you need to do daily to enjoy life to the fullest?

Let me hear from you, so that we can work together on this.
You are absolutely worth it!

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