

How to Effortlessly Program Your Mind for Success Using Positive Affirmations



Cheryl J Campbell



5 Benefits of Affirmations and How to effortlessly Program Your Mind for Success Using Positive Affirmations

Today you are going to learn the 5 benefits of daily affirmations and how to effortlessly program your mind for success using positive affirmations.

Hi I'm Cheryl Campbell and I KNOW this works because I've been using affirmations for over a decade.

As we learn about the benefits of creating a successful mindset using positive affirmations I'll also share with you the main reason why they may not have worked for you in the past.

BUT MORE IMPORTANTLY, I'll share with you how to make sure they work for you moving forward.

Also if you stick with me for the next few minutes you'll learn about a simple trick I discovered to make sure the whole process of programming your mind for success becomes an easy and effortless process that you can set and forget! So lets get started...

What Exactly are Affirmations?

Affirmations are positive statements that can help you to challenge and overcome self-sabotaging and negative thoughts.



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What exactly are affirmations?

They are simply positive statements that can help you to challenge and overcome self-sabotaging and negative thoughts. When you repeat them often, and believe in them, you can start to make positive changes. ... A cool side affect is that self-affirmations are also known to reduce stress levels - a recent study even showed that optimistic people have healthier hearts!



Why use Positive Affirmations?

At the simplest level, when we feel good about ourselves and have a positive attitude, our lives tend to run smoothly.

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Why Use Positive Affirmations?

People use affirmations for a variety of purposes. Generally speaking, affirmations are used to reprogram the subconscious mind, to encourage us to believe certain things about ourselves or about the world and our place within it.

At the simplest level, when we feel good about ourselves and have a positive attitude, our lives tend to run smoothly. Proponents of the “Laws of attraction” often refer to this as raising your vibration in a way that when our vibration is positive, positive things—such as financial abundance, love, and renewed health—are magnetically drawn to you.



5 benefits of daily affirmation

1. You'll become aware of your daily thoughts, words and feelings.
2. They help us create the reality we want.
3. Affirmations open you up to new possibility.
4. You'll be more focus on your goal.
5. As you continue this practice, others take note. Your higher vibration 'rubs off' on those around you

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The 5 benefits of why using positive affirmations can help you become more successful.

1. You'll become aware of your daily thoughts, words and feelings, which in turn reduces your risk of letting negativity seep in.
2. They help us create the reality we want—often in terms of making (or attracting) wealth, love, beauty, and happiness.
3. Affirmations open you up to new possibility.
4. You'll be more focus on your goal, which serves to encourage and motivate you.
5. As you continue this practice, others take note. Your higher vibration 'rubs off' on those around you without you even trying. Less friction around you helps keep you focused AND others are more willing to lend a helping hand where they are able to.



The Flip Side of a Positive Attitude

We tend to engage in self-defeating behaviors which may cause self sabotage, financial mishap, interpersonal drama, or even acute or chronic illness.

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The flip side of a positive attitude

Now that we know the benefits of having a positive attitude, let's look at the flip side ... when we feel bad about ourselves and have a negative attitude, We tend to engage in self-defeating behaviors which may cause self sabotage, financial mishap, interpersonal drama, or even acute or chronic illness.



Have you tried using positive affirmations in the past? Did they work for you?

Go ahead and respond yes or no in the comments below.

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Have you tried using positive affirmations in the past? Did they work for you?

Go ahead and respond yes or no in the comments below and share your experience if you're willing.

If using positive affirmations haven't worked for you, let me share with you why that happened.



Why positive affirmations don't work

They target the conscious level of your mind, but not the unconscious!

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Why positive affirmations don't work

The reason positive affirmations don't work is that they target the conscious level of your mind, but not the unconscious.

With each positive declaration, your unconscious will cry out, "it's not true, it's not true!" This conflict uses up a great deal of energy and creates massive tension within the body.



So what's the Answer?

You need to also include subliminal affirmations in your efforts to program your mind for success.

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So what's the answer?

You need to also include subliminal affirmations in your efforts to program your mind for success.

Did you know that Science has proven that subliminal messages can help you change any area of your life?

I know this may seem difficult, but I'm going to share with you my simple trick that I mentioned earlier. This trick helped me make the process of creating a success mindset an easy and effortless one. I hope it will do the same for you!

In November of 2018, I discovered an app that flashes positive affirmations on your computer screen for just milliseconds at a time. The subconscious mind soaks up these commands as you are doing other things on your computer helping you to change how you think and act.

My Favorite App



Subliminal 360



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My favorite app

It's called Subliminal 360 and it flashes 28,000 subliminal messages on your PC every single hour. Can you say Powerful?

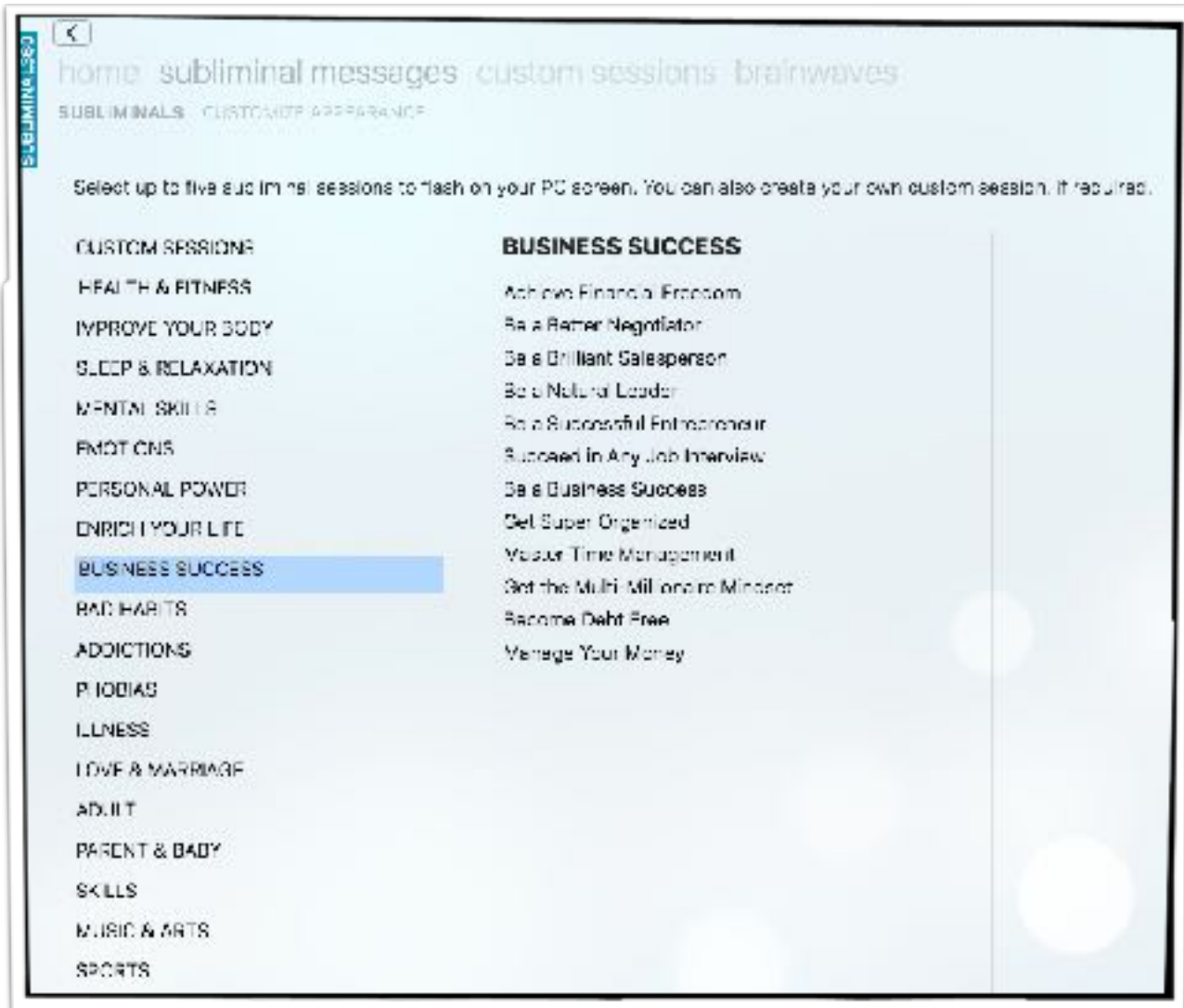
So as you are working on your computer doing normal stuff, all those great affirmations are being absorbed by your subconscious

Instead of just talking about it, I would like to show you how easy it is to use!

(See Video for Live Demonstration of Subliminal 360 here: <https://youtu.be/HyhFrWyIeeU>)

After you have Subliminal 360 installed on your desktop or laptop pull up the program. You can begin by watching the training videos that come with the program or you can start exploring the library of 350 hand-crafted subliminal sessions, containing over 4000 individual affirmations.

Lets take a look at that.



Over here to the left are all the different ones they have for you. Since we're talking about using subliminal affirmations to program your mind for success, let's take a closer look at the session called Business Success.

Within this category alone you can choose different groups of affirmations that will help you succeed in business:

- Achieve financial freedom
- Be a better negotiator
- Be a brilliant sales person

- Be a natural leader

... as you can see it goes on and on. Click on any of those and you will see the specific affirmations for that particular group.

The topics throughout the program include everything from building self-esteem to learning a new language, to getting over fears. Just select the affirmations you want to work with and let Subliminal360 do the rest.

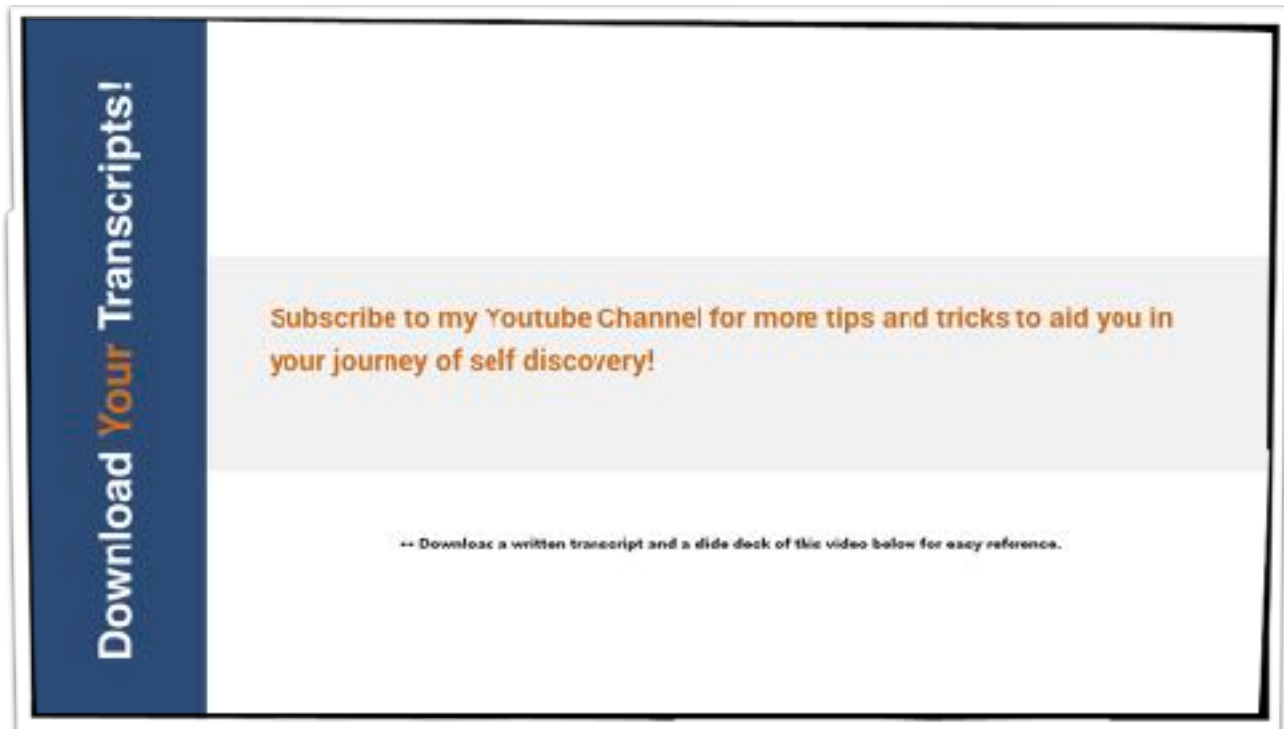
Once you pick the affirmations you want to work with all you have to do is hit start flashing subliminal. Now as you are working on your computer those subliminal messages are going to flash on your screen. I don't know in some of these lighter areas if you can see the flashing, but as you're working it's absorbed by your subconscious mind and it helps you to truly make those positive affirmations stick.

I am going to encourage you to go out and get this program for yourself. I can't begin to tell you the massive changes I saw in my self development as I used this, and I saw results within a month or so. And I have been using it almost everyday when I'm working on my computer. The only time I don't have it on is when I'm making recordings because I don't want to force my subliminal messaging onto anybody else. So I am going to turn this off right now and go back to the other screen so you don't have to deal with my subliminal messages. Give me a second, I'll be right back.



Before we go I want to mention a few more things, first you should know that the program also comes with a library of more than 25 Brain Hacker audio sessions. These use brainwave entrainment, which is a great way to instantly change the way you feel. By using special brainwave sounds, you can shift your mood in just minutes!

Also, I mentioned I had great results with this program, but what I forgot to mention is that I used their custom settings to make the experience very personal. I went through the affirmations, chose the ones that spoke to me, copied them into a text document and then pasted them into the program. I even added several affirmations of my own.



I hope you enjoyed learning about the benefits of affirmations and how you can effortlessly program your mind for success using positive affirmations. I've included a written transcript and a slide deck of this video below so you can download them for easy reference.

Also, if you would like to speed up the process by using subliminal affirmations with my favorite app Subliminal360, I've included the link to the program below.

[Click Here to Learn More About Subliminal 360](#)



I should mention that if you choose to purchase it, I'll receive a small commission but don't worry, it won't cost you an extra penny. It's just their way of saying thank you since I'm sharing the program with you. And I loved sharing it with you, so thank YOU for spending this time with me today.

As you continue your journey of self discovery remember that Everything is within your power, and your power is within you!

*“Everything is within your power,
and your power is within you!”*

— Janice Trachtman



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