

U CAN DO IT

WITH MICHAEL MCGINNIS

INSPIRING GROWTH
IGNITING POTENTIAL

Season 1 – Episode 4

Changing our Unhealthy Beliefs into Healthy Beliefs --
The Power of Affirmations



**The ABC's of Personal
Growth- Affirmations**

VIDEO INTRODUCTION

<https://www.tiktok.com/@growthhumanpotential/video/7276563816375242026>



 **growthhumanpotential**
growthhumanpotential

337 Following **3448** Followers **19.3K** Likes

Guidance & inspiration on personal growth, self-discovery and enlightenment.



<https://www.tiktok.com/@growthhumanpotential>

CANDACE LYNN WHEELER, M.A.

[Home](#) [About](#) [Counseling](#) [Readings](#) [Acknowledgements](#) [Resources](#) [Schedule with Candace](#) [Contact](#)



Practicing Spiritual
Psychology internationally
from Southern California for
28 years



Candace Lynn Wheeler, M.A., Sp. Psych., B. Sc Ed.

International Spiritual Psychology Counselor

Claircognizant Clairsentient Empath

Life Empowerment Coach

candacelwheeler@gmail.com

www.candacewheeler.com

805-402-5395

THE JOURNEY OF PERSONAL GROWTH AND SELF-DISCOVERY



Tree of Life



© Growing Our Human Potential

Enlightenment

Connection to the Beyond

Confronting our mortality and discovering our own meaning of life. Being our full potential and waking up every day with meaning, purpose, love and joy.

Self Discovery

Becoming Our Full Potential

Beliefs, Values, Purpose, Resilience, Growth Provides ability to thrive with change and become our full potential. Develops core being that is rooted in our attitude, beliefs and values that drive our behavior. Defines new definitions of success and happiness.

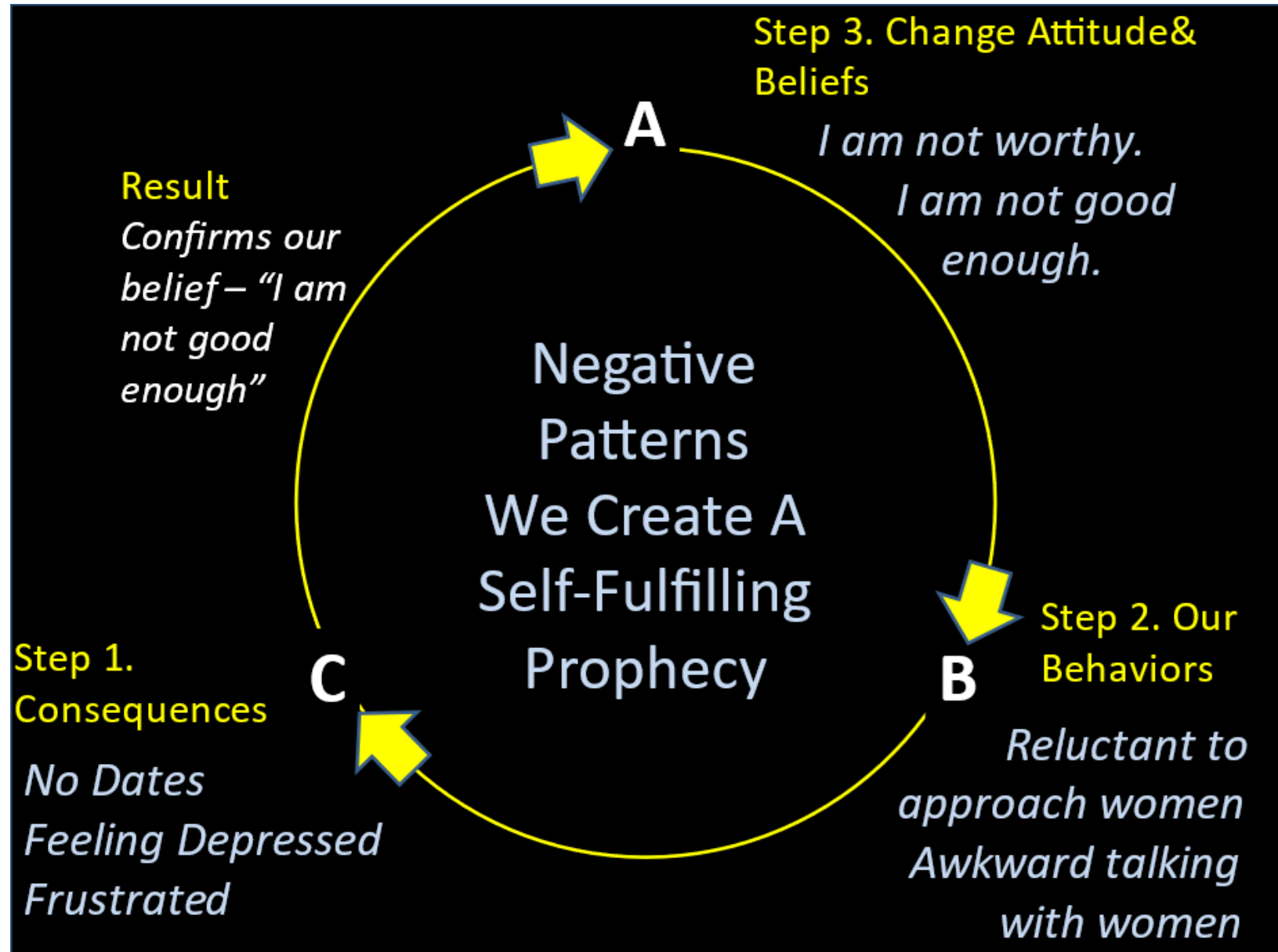
Personal Growth

Our Foundation

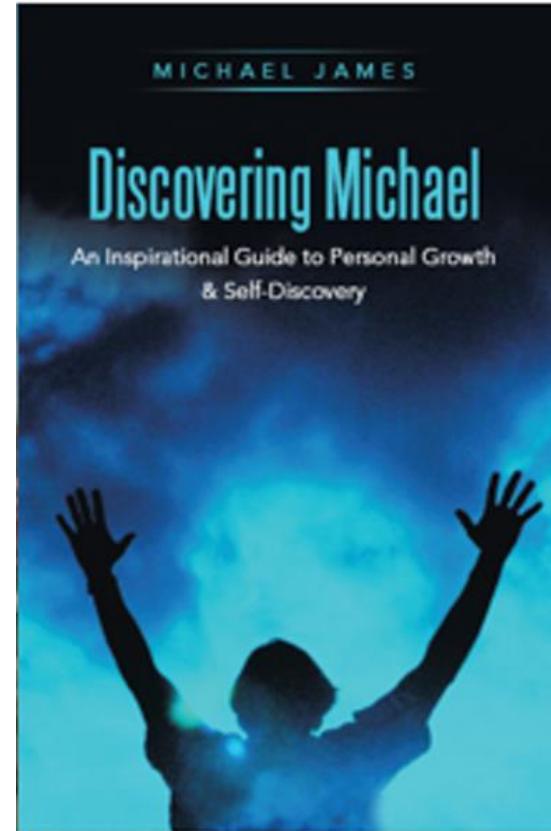
Physical, Mental, Emotional Self Grounds us with the ability to survive, grow, and thrive with a strong; self-esteem, self-awareness, emotional intelligence, health, and ability to meet our basic needs on our own. Shifts from victim to victor mindset.

The ABC Model

Pulling It All Together:
The Negative Self-Fulfilling Prophecy We Created

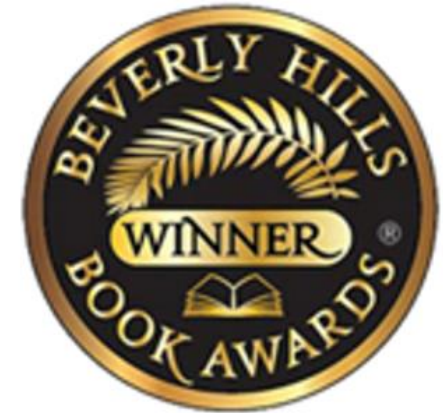


Tools for Self-Discovery



Awards

Beverly Hills Book Awards
Pacific Rim Book Festival
San Francisco Book Festival
Green Book Festival.
Great Northwest Book Festival
New England Book Festival



Affirmations are true and positive statements we can say about ourselves. They have the power to facilitate positive change in our lives.

AMANDA SCHENKENBERGER

Affirmations work by harnessing the power of positive thinking and self-talk to influence beliefs, attitudes, and behaviors.

Here's how they typically function:

Positive Self-Dialogue: Affirmations involve repeating positive statements to oneself regularly. This process helps to cultivate a more positive inner dialogue and mindset. For example, if someone struggles with self-esteem, they might repeat affirmations like "I am confident and capable" or "I believe in myself" to reinforce positive self-perception.

Reprogramming Beliefs: Affirmations aim to reprogram subconscious beliefs and thought patterns. Many beliefs about oneself and the world are deeply ingrained and may be negative or self-limiting. By consistently affirming positive statements, individuals seek to overwrite these negative beliefs with more empowering ones.

Focus and Visualization: Affirmations encourage individuals to focus their attention on desired outcomes or qualities. When repeated regularly, affirmations help maintain focus on goals, aspirations, or personal qualities one wishes to develop. Combining affirmations with visualization techniques can enhance their effectiveness by creating mental imagery of success or desired outcomes.

Boosting Confidence: Affirmations can boost confidence and self-efficacy. By affirming positive traits or past successes, individuals reinforce their belief in their abilities to overcome challenges and achieve their goals. This positive reinforcement can lead to increased motivation and persistence.

Changing Behavior: Over time, affirmations can influence behavior by shaping thoughts and attitudes. For instance, someone aiming to adopt a healthier lifestyle might use affirmations related to health and fitness, which can gradually influence their choices and habits in a positive direction.

Emotional Regulation: Affirmations can also help with emotional regulation and stress management. Positive affirmations can counter negative self-talk and reduce feelings of anxiety, fear, or self-doubt. They promote a more optimistic and resilient mindset in dealing with life's challenges.

It's important to note that while affirmations can be a helpful tool for promoting positivity and personal growth, they are most effective when used consistently and in conjunction with proactive efforts to address underlying issues or goals. They work best when aligned with realistic expectations and efforts toward tangible actions that support the desired outcomes

Michael McGinnis
RELEASE STATEMENTS

Candace L. Wheeler, M.A. Sp. Psych., B.Sc. Ed

I release the belief that I am going to be alone and unhappy.

And the truth is: ***I am choosing to practice seeing all the wonderful possibilities for me and feeling happy and excited about them all.***

I forgive myself for judging myself as unworthy of being loved.

And the truth is: ***I am choosing to love myself completely so the perfect person will love me, too.***

I forgive myself for judging myself as unworthy of being happy.

And the truth is: ***I am now learning and practicing the feeling of being worthy to allow the feeling of happiness in the moment.***

I forgive myself for judging myself as being in an empty nest.

And the truth is: ***I am practicing the feeling of cherishing a full nest of love.***