

POSITIVE AFFIRMATIONS
To Have a Better Day



***NOT
THAT***

LYNN LOK-PAYNE

Speak This Not That

POSITIVE AFFIRMATIONS
TO HAVE A BETTER DAY



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WELLMINDED MEDIA

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*To my daughter McKenna,
Thank you for editing, designing,
and being the sounding board for this book.
Your wonderful insight and inspiration
are invaluable. Life is better because of you!*

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Preface

THE GREATEST INFLUENCE ON our daily lives is our internal dialogue. It shapes everything from how we interact with others to the way we treat ourselves. Often, we aren't mindful of these mental conversations—many of which are noisy and disruptive. We dwell, ruminate, and worry about scenarios that never come to pass.

So here's the challenge. The mind is hard-wired to focus on the negative. In earlier times, this helped us to recognize and avoid dangerous threats, such as being chased by an animal. Today, we are still biased toward negativity. Many of these “thought threats” are just false narratives running wild. Even if there is some truth to these statements, we tend to make these stories seem far worse than they actually are. But with some attention, we can move from the worst-case scenario to a better place.

This book is designed to bring awareness to our self-talk and improve our thinking. It's a reminder to treat ourselves with compassion and encouragement. So how do we do this? First, by consciously considering what we are telling ourselves. How can change occur if we don't pay attention to the chatter in our heads?

Second is to revise and change our internal language to something more empowering. When we say phrases such as, “I'm not good enough,” or “This won't work,”

we shrink our power, our worth. These limiting beliefs move us into victim mode, which makes us feel like we are not in control and narrows the possibilities we see in our lives. We wouldn't tell a friend they were not good enough, so why do we belittle ourselves? By making a simple change from "I can't" to "How can I?", we open the door to new opportunities.

Studies have shown that the brain can't tell the difference between real and imagined thoughts. By shifting our thinking, we can create new neural pathways to focus on the positive, change the way we perceive our experiences, and impact our reality.

Third, we can redirect our attention from scarcity to abundance. The best strategy I have found for this is to concentrate on gratitude and savor the good.

Finally, notice when speaking the words "I am." These two words are very important affirmations. When we state "I am..." this is the reality we create.

The words we use are extremely powerful. The stories we tell ourselves matter. When we shift our focus and intentionally choose the narrative we want for our lives, then we can thrive!

PREFACE

*“Stop beating yourself up.
You are a work in progress,
which means you get there
a little at a time, not all at once.”*

— UNKNOWN

PART 1

Success

*“Whether you think you can
or you think you can’t, you’re right.”*

— HENRY FORD

SPEAK THIS NOT THAT

I can't do it.

INSTEAD, SPEAK THIS...

I can do this.

I just haven't done it yet.

By breaking down my tasks and goals
into small steps, I am able to accomplish them.

SUCCESS

*“If you can’t fly then run, if you can’t run then walk,
if you can’t walk then crawl, but whatever you do,
you have to keep moving forward.”*

— MARTIN LUTHER KING, JR.

SPEAK THIS NOT THAT

“It always seems impossible until it’s done.”

— NELSON MANDELA

It's not possible.

INSTEAD, SPEAK THIS...

I have faith in me.

It may take time, but I can achieve it.

Anything is possible.

SPEAK THIS NOT THAT

My dreams
are unrealistic.

INSTEAD, SPEAK THIS...

I believe in my dreams.

I will not let fear stand in the way
of pursuing my dreams.

If I can imagine it,
I have the ability to succeed.

SUCCESS

*“Too many of us are not living our dreams
because we are living our fears.”*

— LES BROWN



About the Author

LYNN LOK-PAYNE is the award-winning author of *Wake Up! Change Up! Rise Up!, Practical Tools for Personal Transformation*, which won the prestigious Benjamin Franklin Silver Award. As a former CEO and founder of a multi-million dollar business turned author, Lynn motivates others to become the next chapter of who they are meant to be by creating a more empowering narrative for their life. When not writing, she can be found curled up with a good book, traveling to new locales, and attending concerts.

Sign up for weekly emails and free tools to help build your best life. If you enjoyed this book, I'd greatly appreciate a review.

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