

## AUTO SUGGESTIONS FOR POSITIVE THINKING

### What is Autosuggestion?

Autosuggestion is a term used to describe the interaction between your thoughts and your beliefs.

In other words,

- ❖ It is the idea that a thought repeated many times, will eventually form into a belief.
- ❖ If you understand this principle and know how to apply it, then you can use it to create for yourself any belief you choose and live the life you feel inspired to live.
- ❖ Autosuggestions are positive words and sentences used repeatedly to change your perception.
- ❖ It is a self-development method used to create new, positive beliefs about yourself as well as an effective method for ending bad habits.
- ❖ It works by placing ideas into your subconscious and making it believe they are true.

Let's now see the steps involved:

<b>STEP 1</b>	<b>Decide your goal</b> Identify the things you want to change. Decide what personality traits you want. Identify the bad habits you want to get rid of. Determine the obstacles you want to overcome. Choose something that you really desire. Make sure it is consistent with your other goals, specific and detailed, not harmful to others, and is challenging but realistic.
<b>STEP 2</b>	<b>Choose something believable.</b> Make sure the autosuggestion is believable to yourself. If you don't believe it, then it will not work. For example, instead of saying "I make Rs100,000 per day," say "I choose to earn Rs.100, 000 per month."
<b>STEP 3</b>	<b>Make a counting string</b> Find a piece of string, fine rope, ribbon, yarn or similar and tie 20 knots. This is going to be used for saying the Every Day Affirmation. Make sure that the knots can be felt easily with your eyes closed and that they are spaced out sufficiently.
<b>STEP 4</b>	<b>Repeat the <i>Every Day Affirmation</i></b> Repeat the Affirmations "Every day, in every way, I'm getting better and better" 20 times in the morning, and 20 times at night using the counting string you have made. This is the most important step of all and you need to make this part of your bedtime and morning routine.

<b>STEP 5</b>	<p><b>Repeat the <i>It Passes</i> Affirmation at times of difficulty or pain</b></p> <p>If at any time, you feel physical or mental pain or distress go somewhere you can be alone. Then sitting quietly and speaking in a low, monotonous voice repeat to yourself “It passes, it passes, it passes...” or “it’s going, going, going...” while placing your hand on the painful area or on your forehead for mental distress. Keep repeating the mantra until the discomfort or pain dissipates or for one minute and end with “It’s passed!” or “Gone!”</p>
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A list of positive Affirmations is given below. You can choose any one from the list or make one for yourself with the suggestions mentioned above.

- ❖ I Am a Great Student and Getting Better Each And Every Day
- ❖ I Am Prepared For My Tests, I Love Taking Tests, Tests Are a Breeze for Me
- ❖ Today I Study Hard So Tomorrow I Can Make My Difference
- ❖ I Value My Education Because It Prepares Me for a Bright and Successful Future
- ❖ I Am Always Open to Learning in a Better Way
- ❖ A Chance to Learn is a Chance to Grow. I Am Growing
- ❖ Some Days our Progress Is Small but our Learning Is Much
- ❖ I Choose To Move Forward Every Day, Growing and Learning as I Go
- ❖ The More I Learn the More I Achieve.

Now you can use any of these affirmations or use your own. One important thing to remember is don’t use negative words like can’t, don’t, won’t, etc in your affirmations.

#### **REFERENCES:**

1. <https://successstory.com/inspiration/positive-affirmations-for-students>
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3. <https://www.wikihow.com/Use-Autosuggestion>
4. <https://blog.thisscrumptiouslife.com/autosuggestion/>