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THE ESSENTIAL ELEMENTS OF EXCELLENCE

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Cotton Center ISD Mission Statement

“Our mission is to graduate all students with skills and values to successfully compete as life-long learners.”

E.L.K.S.

Excellence

in

Learning

Knowledge

and

Skills

The Power of Positive Affirmations (Part 1)

Affirmations. They are a powerful, yet often overlooked force. I want to look at some conceptual ideas that will enhance the understanding of a positive confession. When we get our words lined up with positive thinking, we are more likely to have our circumstances line up with a positive outcome. The reason...

“You are a product of your words; what you say you become.”

Words play a large roll in the outcome of our life. If we want to change the direction of our relationships, our career, our education, we must begin to say words that will line up with what we want the outcome to be. If we see nothing but adversity in our life then we will speak words that reflect those issues. And our words will be a reinforcement of the emotional instability that causes us to act negatively because...

“If you believe what you say, you eventually do what you say.”

Speaking is tied to our actions. I can always tell when someone is going to be a failure. I simply listen to their conversation. They will talk failure, they will talk defeat, and they will talk inability. Our words produce what we choose to believe. Whatever we believe we speak. Hence...

“Some people look at things and ask why. I look at things that could be and ask why not.”

Edward Kennedy made this statement at his

brother's funeral. I like it, but too many people look at their circumstances and allow their problems to pull them down. We need to look at the positive, even though it seems impossible, and begin to speak as though it were possible. Now...

“Out of the abundance of the heart the mouth speaks. Change your heart by changing what you say.”

We are the result of all that we say about ourselves. If we listen to what others say about us, eventually we will adopt these words as our own belief system, and we will begin to confess it as so. Stay away from people who are negative. How do you recognize those types of people? A...

“Confession locates you, fixes landmarks in your life, and affects your attitude.”

The words one says tell me three things. They let me know what one believes about themselves and others; they reveal the direction a person is headed; and they are an expression of inward feelings. Our words are insightful. Really, if one wants to change their life, they must change your response to the challenges to life. That's found in our actions. If we want to change our actions, we have to change what we believe. Our belief systems regulate our actions. Finally, if we want to change our belief system, we must change our confession. Hence, the change in our actions stem from the change in our words. So...

“A negative confession is one of defeat, failure, and supremacy of circumstances.”

When a person makes a confession based off their circumstances or problems, they are relating what they believe about their situation. Most look at their trials from the perspective of their weaknesses. A positive affirmation looks at the natural surroundings and declares, “Hey, this is an opportunity not a problem. There's more to this situation than what meets the eye. It's not as bad as it seems, and I can figure a way out of this.” Unfortunately, the antithesis of this is a morose, sullen approach towards problems. Therefore...

“You never realize beyond your confession.”

What we say is what we are. It's not only what we believe; it's also what we choose to agree with. By confessing positive things about ourselves, we develop an attitude that inundates our emotions with hope. If we make negative confessions in line with our problems, we align our emotions with the trials we face, and we fail to overcome the difficulties of life.

Align your conversation with positive comments. You not only affect your situation by affecting your emotions, but your feelings will adjust to what you say about yourself and your problems which in turn will cause you to look at your life in a different light.