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Affirmation Quotes: Use Them to Stay Motivated

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Affirmation quotes are a great tool to use for staying motivated when practicing any affirmations on your list of affirmations because they remind you that the affirmation process works. Many people, however, leave out affirmation quotes from their daily positive affirmations list and solely focus on just one category of affirmations. This article explains why including affirmation quotes and many other types of affirmations is valuable.

MOTIVATIONAL AFFIRMATIONS: When you think of a motivational affirmation, what comes to mind? Usually something like, "I'm motivated to [fill in the blank]." But a better motivational affirmation could be using positive thinking quotes and affirmations quotes to help you "believe" that you actually have the ability to change your beliefs. Why is this important? Because nothing changes in your "outer world" until something changes in the "inner world" of your mind. I think Albert Einstein said it very well when he said:

"Your imagination is your preview of life's coming attractions." ~ Albert Einstein

Many times when I want to remind myself that my list of affirmations actually has great power to help me change, I'll repeat Einstein's quote to myself all day as a turbo boost for confidence in the process of doing my daily positive affirmations. Another one of my favorites is from Napoleon Hill:

"Any idea, plan, or purpose may be placed in the mind through repetition of thought." ~ Napoleon Hill

The fact that these two men were greatly successful also tells my subconscious that I'm repeating affirmation quotes from people who "knew what they were talking about."

POSITIVE THINKING QUOTES: Positive thinking quotes, while not directly addressing affirmations themselves, are also words of affirmation which "affirm" that positive thinking and keeping a positive attitude will make you happier or more successful.

This gives you hope and hope gives you motivation. Why? Simply because we're more motivated to get up and do something when we think that the "something" that we're doing is very possible to achieve.

This is also true with any positive affirmation that you practice because it is through these daily positive affirmations that change occurs inch by inch. I view JRR Tolkien's quote as summing it up precisely when talking about how words of affirmation, motivational affirmations, self esteem affirmations or any other daily positive affirmations on your list of affirmations work over time:

"Little by little, one travels far." ~ J R R Tolkien

In fact, if you look at your list of affirmations as the dashboard in your cockpit of your rocket ship, you'll see that every time you practice any of your daily positive affirmations, affirmation quotes, or other words of affirmation that initiate a small change in the direction of your desires, you'll realize that with every "positive affirmation button" you push on the dashboard, that you are changing the trajectory of your rocket ship "little by little" until you are on a new heading. Kind of like Star Trek when the captain initiated orders for a new bearing. This is exactly what you are doing when you are practicing your affirmation list of quotes and other words of affirmation.

In summary, using affirmation quotes or positive thinking quotes to keep your mindset filled with

hope and possibility because you believe in the "process of doing affirmations" can help you stay motivated because having hope and believing in possibilities are two basic ingredients to staying motivated, which is vital when doing daily positive affirmations because they work "little by little" to create great change.

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Suzanne Glover offers a a list of affirmations that includes more motivational affirmations and affirmation quotes. She also gives more positive thinking quotes at a effective-positive-thinking.com.

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