

If you've ever felt like my affirmations really aren't getting me anywhere, or I feel like I've been doing this mindset stuff, and it's just not working. You're going to want to stick around for today's episode, because I'm going to be sharing with you, how to supercharge your affirmations, to make sure that they're actually working for you rather than against you. There's a whole world out there of people that need you to serve them. You are now investing your time and your energy, and you are stepping up to be that person and that woman who makes investments like this, who takes her business seriously, who's willing to go on, who is driven, who is ambitious, who is going to make happen no matter what this is meant for millions. Here's your host, Jenna faith. Welcome to [inaudible] the podcast for online entrepreneurs who want to create wealth and freedom with their business.

You're absolutely in the right place. If you're looking for the mindset and strategy to get seen, known and paid online, I'm your host, Jenna, faith, success and mindset strategist for entrepreneurs who want to really make an impact and really know that they are meant for millions. There is absolutely no fluff here each and every week. I'll be sharing with you a short audio training on how to build wealth from the inside out. You get a little bit of strategy, a whole lot of mindset, and a healthy dose of tough love with 100% authentic, raw and real advice on how to navigate this crazy world of entrepreneurship. So what I'm going to be talking about today is how to supercharge your affirmations. A lot of people will come into this inner work and come into his mindset, work and feel like they're checking off all the boxes and they're doing all the things and it's still not working for them.

So I'm going to be sharing with you why that might be, and also how to supercharge your affirmation. So even if you are doing really well with your mindset work or making progress, I'm going to show you how to even make it better. Let's go ahead and dive right in. So one of the first things that I really learned when I started doing mindset work and inner work was around the affirmations. And I love affirmations. I think that they are really, really powerful. However, for some people they do the affirmations, they do the gratitude, they do the, I am statements and it really doesn't quote unquote work or it doesn't get them where they think they want to be, or it doesn't produce the results that they desire. Now, more than mindset, you actually need to go deeper into belief, work deeper into the identity work that we've talked about previously in this show.

So stepping into the identity of the person that you most desire to be and believing that you are already there, you need to act like that person think like that person make decisions like that person. This is where most people get it wrong. They're doing the affirmations. They're trying to basically convince themselves that they are already that person or whatever they need to do to make themselves feel good, but they don't actually believe it because there are daily thoughts, actions, and feelings do not support that. The only thing that will bring you closer to being that person is to do think and act like that person would. So I want to give you some examples would someone who is already making X dollars per month. So let's say you're wanting to make \$20,000 per month. What somebody who is already making \$20,000 per month or a million dollars per year or six figures per year, be thinking the way that you're currently thinking, would they be doing the things that you currently doing?

Will they be making the decisions that you were currently making? Would they be worrying or stressing out about money? The way that you currently are? Probably not. So the cure for this would be making decisions and investments as if you already have the amount that you want in the bank. As if you already know that every single month it's going to be a \$20,000 a month, do the things every day, that someone who already has those \$20,000 a month on lock wood, by the things that they would buy. Don't worry about the things that they wouldn't worry about if they didn't have it. Right. And as soon as you find that money, we'll start flowing to you. So this is where most people get things backwards, or they get it wrong. They think like I have to wait until I am that person to do these things, make these decisions.

But the reality is you've got to take the first step. You have to show up as that person. A lot of people explain that as act as if right, but seriously, like, think about it. Like, are there certain things in your life that you're tolerating? Are there certain things that you're doing in your life right now that you absolutely know if you were already where you want it to be, whether it's a money goal or something other goal in your life that you would be doing. So those are the things that you're going to want to eliminate. First. There is another really good episode that explains this in more detail called closing the gap. So I would definitely recommend going back to that. If you have heard it before, listen again, if you haven't heard it, definitely do the exercises in that episode as well.

So another example would a high level thought leader be hiding their gifts. Would they be afraid to show up? Would they have negative feelings around selling something that they know can change people's lives? Probably not. So the cure for that is show up. Like she would show up as that competent high-level thought leader, who knows that their gifts are going to change people's lives, be relentless. Like she is the things that she does sell the way that she sells show up the way that she shows up. I tell people all the time, go find somebody that you admire. Find somebody that you just love, the way they're showing up online. You love the way that they're doing business. You love their messaging. You love how they are. And this is not about copying. Totally not about that. But it's about like really looking at like, wow, how is this person showing up daily?

What are they doing in their lives? How are they communicating with their audience? And really just looking at yourself and your reality and realizing, Hey, I'm probably not doing as much as I could. I'm probably not showing up with as much confidence as I can. Would someone who has an amazing, healthy fit body being engaging in negative. Self-talk eating Bon bons on the couch or stopping at a fast food driving. Probably not. So if you're somebody who wants to, to lose weight or you want to get your body in shape, you want to get healthy, right. But you're doing all the things that got you here, right? So the things that got you here will not get you to that next level. They will not create that space for you to step into that new identity. So the cure for that particular example would be, if you want an amazing body, like that person would work out or go to the gym.

Like that person would love yourself. Talk to yourself the way that that person would. And you will have it in no time. I really just want to stress that affirmations do work. They are a wonderful part of the mindset and the inner work. They can really supercharge how you feel about yourself in terms of what that creates in reality, or in terms of what the actually manifests. It will only happen when you truly believe that it will happen when you truly start to take the actions and deliver it everything. Right? So the actions, the thoughts, the feelings, the emotions, the habits, the decisions who is in your life, the things that you're doing. So for today, what I really want you to do is to just take accountability, just really take stock of, you know, I want this particular thing. So whether it's the body, the bank account, the status you think about the thing that you want.

And then think about, am I really acting as if I already have this? Because if you're not, that is the missing link. So you don't have to do a complete one 80. I talk about this all the time. You know, you may not be able to just flip it, switch and completely change your identity. Most people can't do that. It is a process. However, you can start to identify the little things that are holding you back. The little things that are sabotaging you, the little decisions, the little thoughts become so commonplace that it really is like you have to stop and create awareness around it or else you're not even going to know. Right. You're just going to think, Oh, this is just the way that I am, but really taking accountability for, you know what? I may not be showing up the way I would.

If I was already there, I may not be showing up right now as that person who is making a million dollars a year, just stopped for the drive-through at Chick-fil-A last night. But talk about how you want a six pack AB and you want to be in the healthiest shape of your life, not going to happen. Right? So really take

stock of what you're saying you want and what you think you desire. And then what actions, thoughts, feelings, emotions, decisions, and habits are actually in play right now. And do those two things match up because when you can really step into the identity and embody that, which you most desire, no matter what it is, that's when the real magic happens. That's when the affirmations work. That's when the things that you're saying about yourself, you can actually believe in, step into it feels good and it feels right, and it just becomes normal.

It just becomes who you are. Thank you so much for tuning into today's show as always take what I've just shared with you and apply it application without knowledge. Won't get you very far. And I want you to source, have you ever been listening to the show for the last year? I want to give you an extra special, thanks and let you know that I will be taking a short hiatus from the weekly show to rebrand, and we'll be coming back very soon. Make sure that you're registered for my email list@jenscalia.com forward slash subscribe and follow me on Instagram at meant for millions. So you can stay up to date with what's happening over here and our rebrand launch party. You can also head over to the show notes@jenscalia.com forward slash E 92. That is the letter E and the number 92 for more free content to keep you busy and moving forward in your business. So that is it again, thank you so much. And I will see you soon.

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