



Daily Reinforcement: Affirming Questions

Time: 3 – 5 minutes

Let's build on the idea of affirmations that we used in the previous chapter. Instead of just creating statements, you're going to craft constructive and empowering questions designed to help reprogram your beliefs, challenge negativity, and solidify mindset shifts. Best-selling author, speaker, and peak performance coach Noah St. John calls these Affirmations®. His Affirmations® Method is centered around the idea that your subconscious responds better to questions than it does to statements that you might not yet believe. There are three keys to creating success with affirming questions.

1. Write questions that align with what you desire to achieve or accomplish. These questions need to be meaningful for you. You won't have success with questions that mean something to someone else.
2. Set them in the present. Your questions need to include "why is it" not "how great would it be."
3. Say them with conviction. You have to ask these questions with belief. Your mind will respond better to a question asked with confidence, as if you already know the answer.

Step 1

Craft a list of affirming questions related to your SWAGGER superpowers. Below is a list to get you started.

- Why is it so easy for me to be exceptionally good at many things?
- How great is it that I have superpowers that are unique to me?
- Why is it so effortless for me to tap into and use what I'm good at daily?
- How fantastic is it that I was born with these amazing superpowers?
- How comforting is it to know that no one can take these superpowers away?

IMPORTANT MESSAGE: This content is intended to provide useful information on the subject of personal development. It is for informational and educational purposes only and is not intended and should not be used as a substitute for professional medical, psychological, financial, legal, or other advice, diagnosis, or treatment. The author is not diagnosing conditions or offering medical or mental health advice. The information provided here is NOT intended to be used for self-diagnosis or treatment. If you feel you require immediate help, please contact the appropriate authorities, medical providers, and/or crisis intervention service providers in your local area for immediate assistance.



Step 2

Print out your list of affirming questions and place them by your bed. Ask your questions first thing in the morning when you wake up and right before you go to sleep at night. It might also be helpful to say your affirming questions anytime you find yourself in a challenging situation.

IMPORTANT MESSAGE: This content is intended to provide useful information on the subject of personal development. It is for informational and educational purposes only and is not intended and should not be used as a substitute for professional medical, psychological, financial, legal, or other advice, diagnosis, or treatment. The author is not diagnosing conditions or offering medical or mental health advice. The information provided here is NOT intended to be used for self-diagnosis or treatment. If you feel you require immediate help, please contact the appropriate authorities, medical providers, and/or crisis intervention service providers in your local area for immediate assistance.