FREE FROM SECRET ACTOR SOCIETY

5 ways to write affirmations your brain won't argue with

From my class Clear Your Subconscious Blocks and Thrive.

Hi, Kym here.

Ever sworn there's no butter in the fridge... then someone walks over and it's right at the front? Your brain did that.

It's called the reticular activating system. Its job is to show you what you've told it exists. Swap the butter for a belief like "I'm too old for Hollywood" and your brain may stop noticing the roles written for your age.

That's a subconscious block: a belief or story that limits you and keeps repeating in your life, whether you know it's there or not.

It's also why saying "I'm a successful working actor" in the mirror can backfire. Part of your brain goes: "Nah mate. You're not." And that argument can be stronger than the affirmation.

Kym

01 **Never lie to yourself.**

If you don't feel it, don't claim it. Pick something that's true. If your body doesn't believe it, it can do more damage than good.

02 **Ease into the change.**

Say the direction you're moving in, not the finish line. Instead of "I'm fit, I'm healthy, I'm strong", try "Every day I'm feeling fitter, healthier and stronger. I'm on my way there."

03 **Make it specific and believable.**

Instead of "I have a million dollars", try "I'm grateful that every day my money is working towards my first [your number] from acting this year."

04 **Use a stepping stone.**

It gives you an exciting goal without the resistance kicking in. "I'm excited that every day I'm moving closer to [your goal]." It's true today, and it still pulls you forward.

05 **List what you're grateful for in the shower.**

I aim for 50. Get silly: the warm water, the tiles, the shampoo. "The more grateful you are for the small things, the more big things show up."

> Affirmations are one tool. The blocks underneath need a few more. Over the page is where I start: the 4-minute exercise.

Find your blocks in 4 minutes

Set a timer for 4 minutes. Write fast, don't stop: **"What's stopping me from the career of my dreams?"**

Now pull out 3 blocks and find proof against each one. "Too old?" Look up actors who started late. There are characters at every age, in every project.

THE BLOCK	MY PROOF AGAINST IT

MY STEPPING STONE AFFIRMATION

"I'm excited that every day I'm moving closer to _____."

This guide comes from **Clear Your Subconscious Blocks and Thrive**, one of the 18 masterclasses in The Journey at **secretactor.com**.