



# AFFIRMATIONS

*How to create and use an affirmation script  
to improve your trading performance*

# CREATING AN AFFIRMATION SCRIPT

- An **affirmation** is a positive statement written about the self, in the present tense to develop a positive view of the self (it can be general or specifically related to trading performance)
- Example: "I am good enough, exactly as I am" or "I am disciplined and clinical in my trading"
- We can use an **affirmation script** to program our subconscious by either transforming core limiting beliefs, or by programming supportive, positive beliefs
- First create a list of affirmation statements that are consistent with your goal (i.e. that challenge your core limiting beliefs or that reinforce positive thoughts, behaviours & outcomes)
- Record yourself reading all the affirmation statements out loud as one recording
- Listen to the recording (the affirmation script) at least once per day for 1 month and notice how your beliefs, thoughts, reactions and behaviours change

# TIPS FOR EFFECTIVE AFFIRMATIONS

- Only include positive statements
- Keep affirmations relatively short and avoid long complicated sentences
- Use language that is as aspirational and ambitious as possible
- Remember you don't currently have to believe each statement is true
- Make each statement detailed and specific in order to evoke as much positive emotion and positive imagery as possible
- When you record the script, put as much conviction in your voice as possible
- Leave a gap between each statement when you are recording the script to allow the statement to sink in or for an image to form in your mind
- Listen to the script daily - repetition is key
- Try to get into a routine of listening to the script at the same time each day
- Before you listen to the script, make sure you are relaxed and in a place that you won't be disturbed. It may help to close your eyes while listening to it
- It may help to listen to the script just before you go to sleep. Your mind is more open to suggestion at this time because you are more relaxed

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*“Créde helped me to embrace my career change and affirm my position as a trader. Working with Créde for 3 months has boosted my **performance**, my **discipline** and helped my **consistency**. I would recommend working with Créde to any new or experienced traders ”*

Anne Baines - FX & Oil Trader