

Alessia Citro [00:00:00]:

Hello, everyone. Thanks for tuning in again this week. I am a 1 man band with this podcast now. No editor or producer like I used to have. And I know the audio on last week's episode was kind of dicey, so I'm making adjustments this week in hopes that it's better. In any event, Done is better than perfect, and I get to figure this out in real time with you, which is hopefully worth something. So this week's episode is how to build the bridge of belief in yourself. One of the reasons I'm such an evangelist about developing healthy habits is because doing so builds our self confidence and our self trust.

Alessia Citro [00:00:39]:

Every time we keep a promise or commitment to ourselves, we build self trust and confidence. This is why we wanna start so Small with behavior changes we make because it's very easy to get in quick wins that way, which will quickly snowball. But today, we're actually not gonna be talking habits. We are going to talk about another way to build the bridge of belief ourselves, and it is a tool my friend and mentor, doctor Jen Christman, shared with me. I have found it incredibly liberating, Healing and effective in the 2 years that I have used it. So the tool is around affirmations, but not the type of affirmations that you're used to. So stick with me here. 1st, I wanna give you a few bullet points on both the spirit and the science behind affirmations.

Alessia Citro [00:01:29]:

Let's do science first. From a neuroscience perspective, there are 6 reasons that affirmations work. Number 1 is neuroplasticity. Affirmations can influence neuroplasticity, which is the brain's ability to Organize and adapt by forming new neural connections. When you repeat positive affirmations, you engage certain neural pathways associated with those thoughts. Over time, this repetition can strengthen those pathways, making the positive beliefs more automatic. And I can attest to this. I have shared on social media and on the show before that growing up, I was pretty negative.

Alessia Citro [00:02:13]:

And now I see the positive side and silver lining in everything almost to a degree that some might call it, like, toxic positivity. So it really can Rewire your brain. Number 2 is positive reinforcement. Affirmations can trigger the brain's reward system. When you use positive affirmations, it can stimulate the release of dopamine, a neurotransmitter associated with pleasure and reward. This can create a positive association with the affirmation reinforcing the belief and, by the way, your likelihood of wanting to do it again. Sidebar, same reason. You make a tiny celebration after every time you do a new behavior that you want to do.

Alessia Citro [00:02:59]:

Number 3, reduction of negative self talk. Affirmations can counteract negative self talk because the brain has a tendency to latch onto negative thoughts, which can lead to self doubt and low self esteem. Affirmations disrupt this cycle by replacing negative thoughts with positive ones. Number 4, Self fulfilling prophecy. Believing in the affirmations you repeat can actually lead to a self fulfilling prophecy. When you truly believe in your abilities and potential, you're more likely to take action and make choices aligned with those beliefs, Increasing the chances of success. And by the way, you might be thinking, well, when I say these affirmations, they feel like BS, and and that is what we're gonna talk about. So stay with me here.

Alessia Citro [00:03:44]:

I'm gonna show you how to build that bridge so that you can create self fulfilling prophecies of success. Number 5, placebo effect. While not directly related to neuroscience, the placebo effect is a psychological phenomenon that demonstrates the power of belief. If people believe that affirmations will work for them, they may experience positive changes simply because they expect them to, which is also why I'm giving you both the science and Spirit, because you're gonna be more likely to believe that this works, and, therefore, it will be more effective. And finally, on the science side, number 6, subconscious programming. The subconscious mind tends to respond better to present tense statements. It processes information in a more literal and immediate way. So framing affirmations as if they're already true can have a more profound impact on subconscious beliefs and behaviors.

Alessia Citro [00:04:36]:

And now because I love the spiritual side of things as well as the science, let's look at five reasons from the spiritual and metaphysical side for affirmations working. So number 1, alignment with quantum potential. Affirmations in the present tense can be seen as a way to align your conscious intentions with the quantum field of potentiality. By stating affirmations as if they are already true, you signal to the universe your readiness to manifest your desires in the present moment. This alignment is thought to enhance the likelihood of those desires materializing in your reality. Number 2, Manifestation through quantum observation. From a quantum standpoint, the act of stating affirmations in the present tense can be viewed as a form of focused observation. Quantum theory suggests the observer's intention can influence the behavior of subatomic particles, which Everything is made up of, by the way, including you and I.

Alessia Citro [00:05:38]:

In a similar vein, affirmations serve as intentional observations of your or desired reality potentially influencing the quantum fabric of your life. Number 3, resonance with vibrational frequencies. Metaphysically, affirmations are believed to admit vibrational frequencies aligned with your intentions. Stating affirmations in the present tense resonates with the idea that your current vibrational state is in harmony with your desired reality. This resonance is thought to

attract similar vibrational experiences, drawing your goals closer to your current existence, AKA the law of attraction at work. Number 4, Merging with the eternal now. Affirmations in the present tense can be seen as a practice of merging your consciousness with the turn on now, transcending linear time. In this metaphysical view, the past and future are seen as existing simultaneously with the present.

Alessia Citro [00:06:44]:

Affirming your desires as already true is a way to tap into this timeless realm where manifestation can occur beyond the constraints of conventional time. As author Emily Dickinson said, forever is composed of nows, and I wonder if this is what she had in mind when she said it. And finally, number 5, cocreation with the divine. Some metaphysical beliefs suggest that affirmations in the present tense are a form of cocreation with a divine or universal intelligence. By affirming your desires in the present moment, you align your will with the divine plan, inviting synchronicities and opportunities that facilitate the manifestation of your goals. So in the metaphysical perspective that we've talked about, these 5 examples of how it works. Affirmations are not just psychological tools. They are spiritual and quantum practices that engage with the fabric of reality itself, and they're seen as a way to harmonize your consciousness with the infinite Possibilities of the universe.

Alessia Citro [00:07:52]:

And to invite the diviner quantum forces to work in your favor. Pretty cool. Right? So let's come back to doctor Jen's amazing tool and how to use it now that you fully know why affirmations can affect present reality and work. Let's use an example, and it is a personal one, that I desire to become a best selling published author. I shared last week. I'm about halfway through my rough draft of the book, Higher Self Habits, and it has been a vision board Moment and a dream to be a published best selling author for as long as I can remember, since I was a child. So the typical version of an affirmation about this would be something like, I am a best selling published author, which, by the way, is what my book coach Jake Kelfer has had me say many times. But here's the deal.

Alessia Citro [00:08:51]:

In present reality, I am not a best selling published author yet. So my mind is calling BS when I say that in the affirmative. Right? So for a moment, I want you to think about an affirmation you have said that totally feels like a crock, either because it hasn't happened yet or because you don't see a path there, or maybe you're just generally lacking the belief in yourself that you can make this happen. Here's where part 1 of doctor Jen's tool comes in. So instead of simply saying, I am a best selling published author. We're going to add a few words to the front of this statement. So it'll sound like this. I am the type of person who can become a best selling published author.

Alessia Citro [00:09:47]:

So you're still affirming yourself that in a way that is more believable. I actually amend this just slightly, and I say I am capable of becoming a best selling published author. So think about this in the context of an affirmation that you would like to make but that you've been calling No BS on, and think of how you can shift it to have these words in the beginning to build the bridge of belief. Now if the last statement still sounds or feels like BS, you can use the 2nd part of doctor Jen's tool. And, again, we're gonna add a few more words to the front of the affirmation. It now becomes, I am willing to consider that I am the type of person who can become a best selling published author. Or if capable resonates with you, like it does with me, you could shift it to say, I am willing to consider that I am capable of becoming a best selling published author. So this is what I use when I am building the bridge of belief and my mind is calling BS.

Alessia Citro [00:11:05]:

If you use this, I would love to hear how it feels for you. And let's just review really quickly. So Phase 1 would be the affirmative. I am a best selling published author. If that does not feel true, you can say, I am the type of person who can become a best selling published author. If that still does not feel true, you can say, I am willing to consider that I am the type of person who can become a best selling published author. And now I challenge you. Whatever the affirmation is that you're gonna use, go look yourself directly in the eye, in the mirror and say it there.

Alessia Citro [00:11:46]:

It's awkward. It's uncomfortable, but, wow, does it work? If you do this, please tell me how it works for you and how it feels, I would love to hear. And by the way, I opened the doors to my founding cohort of my higher self have its group coaching program. It's a 90 day program, begins October 24th, and runs through January 22nd. Imagine having a support system and all the tools to create habits that you can actually stick with while going into the holidays and the New Year. You will be 2 or 3 months ahead of everybody by doing this. And I'm doing a few big bonuses for the founding class and have 9 remaining spots as of this recording. So the first bonus is that you will get seven Biweekly 1 on 1 coaching sessions with me where we can cover everything from behavioral design to what's keeping you stuck, or anything else you'd wanna tackle.

Alessia Citro [00:12:45]:

That is a value of \$2,185 based on the coaching rate that I had and was getting, by the way. The 2nd bonus is that you will get lifetime access to the community component of this program called the Habit 5. That's gonna be valued at \$228 a year annually. And The Habit Hive is a great place for accountability, ideas, inspiration, and to get hyped up when you need it. You can visit higher self habits.co to learn more. And if you have any questions, just Shoot me a DM on the gram at alessiacitro. That's a l e s s i a c i t r o and 2 underscores. Thank you for listening

today, and I'll see you next week.