

Positive affirmations are ideas or beliefs that you can repeat either internally or aloud. The short-term goal is to impress your subconscious with motivational thought. Through interminable repetition, the long-term goal is to let positive thought encourage positive lifestyle. For the affirming statement-as-meditation to be effective, it should not only be recited mentally but ideally, you should also be able to see it—in the form of text or imagery; Post-It-Notes on the mirror, or a photo of a sunset on the dashboard of your car.

A possible side effect of this repetitive practice, where there is a lack of results: vehement disbelief in all things good.

Irina Arnault (Chisinau, Moldova, 1983) lives and works in New York, NY.

Vittorio Brodmann (Ettingen, Switzerland, 1987) lives and works in Vienna, Austria.

Nicole Eisenmann (Verdun, France, 1965) lives and works in New York, NY.

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