



PLAY YOUR WAY INTO A BETTER DAY

How to Use Affirmations

A simple guide to listening with intention, using visualization, and turning positive words into a daily mental practice.

You do not need to force belief or chase a perfect state of mind. Start where you are, listen consistently, and use the words as a cue to redirect your attention toward the direction you want to move.

The Simple Method



The affirmation method used throughout Christopher Nalepa's books and audio work is built around four elements: repetition, attention, visualization and emotion. The goal is not to fight every negative thought, but to notice the direction of your thinking and deliberately choose a more helpful one.

1

Choose what you need today

Stress, family tension, a difficult morning, or the need for a calmer inner state - pick one recording that matches the situation you are actually in.

2

Use the quiet windows

Two especially useful moments are just after waking and just before sleep. These are the times repeatedly emphasized in the method used in the books.

3

Build a simple mental picture

When a phrase matters to you, imagine one concrete scene that fits it: a peaceful conversation, a calm body, a productive day, or a home with less tension.

4

Let the feeling follow

Do not force emotion. If relief, confidence, gratitude or calm appears, stay with it for a few seconds. The recording is there to help you return to that direction.

"When a negative thought appears, replace it with a positive one."

That is the practical core of the method: catch the old mental pattern and give your mind a different sentence and image to work with.

How to Practice During the Day

Affirmations are most useful when they become more than a recording you play once and forget. Use the phrases as short mental resets when the old pattern comes back.

1

Notice the thought

If you catch yourself rehearsing worry, anger, fear or an old argument, do not spend ten minutes analyzing it. Notice it.

2

Interrupt the loop

Return to one sentence from the recording. You can say it silently, say it aloud when appropriate, or write it down.

3

See the preferred scene

Add a brief image: the conversation going calmly, you handling the day well, your home feeling more peaceful, or yourself responding with confidence instead of fear.

4

Do something that supports it

Affirmations are not a substitute for action. Use them to support the next sensible step - the phone call, the apology, the boundary, the walk, the plan, the work.

Consistency beats intensity

You do not need to repeat a phrase hundreds of times in one sitting. What matters more is returning to the same direction regularly, especially when the old thought pattern tries to take over.

A simple daily rhythm

- Morning: choose one track and listen before the day becomes noisy.
- During the day: reuse one or two phrases when you notice the old mental loop.
- Evening: listen again or repeat the key sentence before sleep and imagine one simple scene that matches it.

Using the Play Your Way Recordings

STRESS & CALM

The Stresskiller

Use when tension is high or after a demanding day. Let the recording become a signal to slow down, release the mental argument and return to a calmer state.

WELL-BEING

Heal Yourself - One Thought at a Time

Use as a supportive mindset and relaxation practice. Focus on calm, constructive images and a sense of caring for yourself rather than repeatedly rehearsing fear.

RELATIONSHIPS

Bring Peace Back to Your Family

Use when you want to soften your own reactions and mentally rehearse more respectful, calm and connected interactions at home.

MORNING

Start Your Day in the Right Mindset

Use soon after waking to set the tone for the day. Choose one sentence from the recording to carry with you when stress or doubt appears later.

One important reminder

The recordings are tools for mindset, attention and relaxation. They are not a replacement for practical action or professional medical or psychological care. If you are receiving treatment, continue following the advice of qualified professionals.

Listen. Imagine. Feel. Act. Repeat.

That is enough. You do not need to do it perfectly.