sentiments

A SENTIMENTS GUIDE

The secret of *robotic* affirmations

Find out why your affirmations don't work
(and how to do it right)

REPETITION · INTENTION · CONSISTENCY

10× a day

INTRODUCTION

Affirmations work.
The way you do them fails.

You write “I am abundant” in a notebook. You say it once in front of the mirror. You set it as your wallpaper. Three days later, you forget. Two weeks later, you decide affirmations just don’t work for you.

Almost always, the problem isn’t the affirmation. It’s how it was practiced.

If you found us through TikTok, you already know the name: **robotic affirmations**. It’s the technique of repeating the same sentence many times in a row, at the same rhythm, without stopping to argue with it. The idea sounds almost too simple, and that’s exactly why so many people only do half of it.

> *You’re not trying to convince yourself. You’re training your mind.*

In this guide you’ll understand why repetition changes the way you think, the 5 mistakes that keep your affirmations from working and how to build a ritual of just a few minutes a day that you can actually keep.

And along the way, we’ll show you how **Sentiments** does the hard part with you: remembering, repeating and not letting the practice die in the first week.

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What are *robotic* affirmations?

Affirmations are short, positive, present-tense sentences you repeat to yourself. They replace the thoughts you never chose (the criticism you heard as a child, the comparison that stuck with you) with thoughts you choose now.

The **robotic** version changes just one thing: instead of saying the sentence once and waiting to feel something, you repeat the same affirmation **5, 10 or 15 times in a row**, like a robot. No pause to judge whether it "feels true" today.

The reason is simple. The voice that says "this isn't true" shows up in the gap between one sentence and the next. When you repeat in sequence, that gap disappears, and the sentence starts to take the space that used to belong to doubt.

REGULAR AFFIRMATION

You say it once, feel the doubt, find it strange and give up.

ROBOTIC AFFIRMATION

You repeat it in sequence, the doubt loses space and the sentence stays.



IN SENTIMENTS

The technique has its own space in the app: **Robotic Mode**. You choose the affirmation, set how many times you want to repeat it and practice from start to finish, without counting on your fingers.

Repetition builds *pathways*

The brain is malleable. Science calls this **neuroplasticity**: the ability to create and strengthen connections based on what you practice. Every time you repeat a thought, its mental path gets a little firmer.

This works both ways. If your habit is repeating "I never manage to", that path gets stronger every day without you noticing. When you choose to repeat a different sentence, on purpose, you start opening a new road.

> *The thought you repeat becomes the path your mind follows.*

And here's the part almost nobody tells you: repeating once a day, whenever you remember, doesn't open any road. What makes the difference is **volume and consistency**. That's why repeating in sequence works better than a single sentence in the mirror.

But volume alone doesn't solve it either. There are 5 mistakes that turn repetition into noise, and that's what the next part is about.

The 5 mistakes that *block* your affirmations

1 **Using a sentence that isn't yours**
Copying an affirmation from an internet list that doesn't speak to your life.

2 **Repeating too little and quitting too soon**
One sentence a day, whenever you remember, for three days. Then nothing.

3 **Repeating without feeling**
Robotic is the rhythm, not the heart. Repeating with your mind elsewhere doesn't stick.

4 **Not having a set time**
A practice that depends on "whenever I can" never becomes a habit.

5 **Affirming and not acting**
An affirmation without any action is just a pretty sentence.

In the next pages, each mistake comes with its fix and the easiest way to apply it every day.

MISTAKE 1

Using a sentence that *isn't yours*

"I am a millionaire", repeated on the day a bill is overdue, makes your mind reject the sentence on the spot. The resistance is bigger than the repetition.

Fix: choose a sentence you can say without getting stuck. If an affirmation feels too far away, use a bridge: swap "I am rich" for "I am learning to attract and take care of my money".

IN SENTIMENTS

You **write your own affirmation**, in your own words, and it's saved in **My Affirmations**. You also get personalized affirmations based on what you want to manifest.

MISTAKE 2

Repeating too little and *quitting too soon*

A single repetition a day doesn't have the volume to change any path. And, without seeing results in the first week, most people stop.

Fix: repeat in sequence, 10 times in a row, every day. Keep the same affirmation for at least 7 days before changing it.

IN SENTIMENTS

That's exactly what **Robotic Mode** does: you choose the affirmation and the number of repetitions (5, 10 or 15) and go all the way at the right rhythm.

MISTAKE 3

Repeating without feeling

The rhythm is robotic; you don't have to be. Repeating while thinking about lunch doesn't stick.

Fix: say it out loud, take a deep breath before you start and imagine for a few seconds the scene where it's already true.

IN SENTIMENTS

In **Voice Mode**, you add your affirmation and **listen to it on repeat**, eyes closed. And to see the scene, the **Vision Board** keeps the images of the life you're affirming.

MISTAKE 4

Not having a set time

Fix: tie the practice to something you already do every day: waking up, coffee, before bed. Same time, every day.

IN SENTIMENTS

Turn on **reminders** and track your **streak** of days in a row. It gets much harder to forget, and much more satisfying not to break the chain.

MISTAKE 5

Affirming and not acting

Fix: after repeating, choose one small action for the day that matches the sentence. "I take care of my money" asks you, for example, to check your bank statement today.

IN SENTIMENTS

The **21-Day Journey** turns the practice into a routine, one day at a time.

The robotic method *in 4 steps*

Five minutes a day. Always at the same time.

1. ## Choose one affirmation
   A sentence of your own, in the present tense, that you can say without getting stuck. It will be the same for the next 7 days.

2. ## Breathe three times
   Before you start, three slow breaths. It signals to your mind that it's practice time.

3. ## Repeat 10 times in a row
   Out loud or in your head, at the same rhythm, without stopping to judge. If doubt shows up, don't argue: just move on to the next repetition.

4. ## Close with a scene and an action
   Thirty seconds looking at your Vision Board and imagining the life where it's already true. Then choose one small action for today.



DO IT IN SENTIMENTS

In the morning, **Robotic Mode** with 10 repetitions and a look at your **Vision Board**. At night, the same sentence in **Voice Mode** before bed. Tomorrow, same time, again.

The whole ritual *in your pocket*

Every step of the method has a ready-made tool in Sentiments. You don't need a notebook, a timer or to count on your fingers.

REPEAT

Robotic Mode

Choose the affirmation and how many times you want to repeat it (5, 10 or 15). The app takes you from start to finish, at the right rhythm, without losing count.

LISTEN

Voice Mode

Add your affirmation and listen to it on repeat. Perfect before bed, in traffic or with your eyes closed.

SEE

Vision Board

Gather images of the life you want to manifest, all in one place. Looking at it before repeating gives the sentence a scene and an emotion.

WRITE

Your affirmations

Write your own in your own words or get personalized affirmations for what you desire. Everything is saved in My Affirmations.

21-Day Journey to build the routine

Reminders so you don't forget

Streak of days in a row

Create your *own* affirmation

The strongest sentences come from your own reality. Start with the belief that holds you back the most and turn it inside out:

The belief that blocks you → The possible opposite → "I" + present tense

THEME	BLOCKING BELIEF	ROBOTIC AFFIRMATION
Money	*"Money never stays with me."*	Money comes to me easily and I know how to take care of it.
Love	*"Nobody chooses me."*	I deserve a love that chooses me every day.
Self-esteem	*"I'm not good enough."*	I recognize my qualities and trust my ability to grow.
Work	*"Good opportunities aren't for me."*	The right opportunities find me and I am ready for them.
Body	*"I hate what I see in the mirror."*	I am learning to take care of myself and to like what I see.



IN SENTIMENTS

Wrote yours? Save it in the app and use it directly in **Robotic Mode** and **Voice Mode**.

Affirmations to *start today*

Choose one, just one, and repeat it 10 times in a row right now. Then notice how you feel.

I am enough exactly as I am.

I deserve everything I am asking for.

Every day is a new chance to start over.

I choose thoughts that make me stronger.

Good things come to me easily.

I trust my timing and my path.

The life I want is already on its way to me.

I am capable of finding solutions to my challenges.

Repeat 10 times. Breathe. Repeat tomorrow.

Your first *7 days*

The first week is where almost everyone gives up. Follow this plan and reach day seven with the habit in place.

Day 1	**Choose your affirmation** with the formula on page 11, write it in Sentiments and turn on reminders.
Day 2	**10 repetitions in Robotic Mode**, right after waking up.
Day 3	Morning same as day 2. At night, **listen to your affirmation in Voice Mode** before bed.
Day 4	**Go up to 15 repetitions** and choose one small action that matches the sentence.
Day 5	**Build your Vision Board** with images of the life your affirmation describes. Any word still feels off? Change just that one.
Day 6	**Full ritual:** Vision Board and Robotic Mode in the morning, Voice Mode at night.
Day 7	**Look back:** what changed in the way you talk to yourself? Now start the **21-Day Journey**.

CONCLUSION

The secret is *not stopping.*

Robotic affirmations don't change everything overnight. But, repeated with intention and consistency, they open space for real transformation. With every repetition, you choose a new story for yourself.

The hard part was never the sentence. It's remembering, repeating and keeping going when life gets tight. That's what Sentiments was created for: your affirmation, Robotic Mode, Voice Mode, the Vision Board and the 21-Day Journey in one place, every day, in your pocket.

Start your first streak today.

DOWNLOAD ON THE
App Store

GET IT ON
Google Play

Sentiments · available in English, Spanish and Portuguese, worldwide.

I choose a new story I choose a new story I choose a new story



ROBOTIC MODE · VOICE MODE · VISION BOARD