

Daily

AFFIRMATIONS

Step 1: Self-reflection

Take a few moments to reflect on areas where you may want to invite positive change.

It could be related to self-esteem, relationships, career, health, or any other aspect you feel needs a boost.

Step 2: Identify Positive Statements

Think about positive statements that counter negative thoughts or beliefs in those areas.

For example, if you struggle with self-doubt, an affirmation could be, "I am confident and capable in all I do."



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Step 3: Keep it Positive and Present

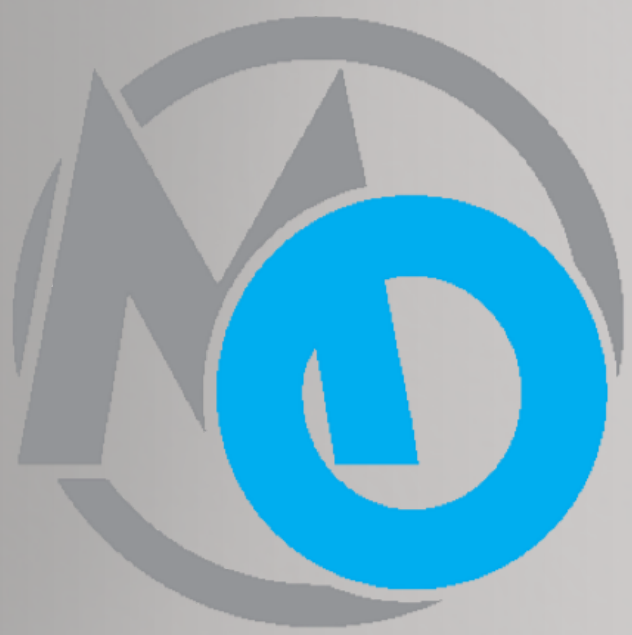
Ensure your affirmations are positive, framed in the present tense, and use robust and affirmative language.

Instead of saying, "I will be happy," say, "I am happy and content in this moment."

Step 4: Make Them Personal

Please make sure to tailor your affirmations to resonate with your own experiences and aspirations.

The more personal and meaningful they are to you, the more effective they will be.



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Step 5: Write Them Down

Could you put your affirmations
in writing?

Use a journal, sticky notes, or
any medium that works for you.

Writing them down reinforces the
commitment to your positive
mindset.

Step 6: Repeat Regularly

Incorporate a daily routine for
affirmations.

Whether it's in the morning,
before bed, or both, repeating
them regularly helps solidify
their impact on your
subconscious mind.



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Step 7: Visualize

As you repeat your affirmations, could you take a moment to see the positive outcomes?

You can picture yourself achieving your goals and embodying the qualities stated in your affirmations.

Step 8: Believe and Feel

As you say your affirmations, believe in the truth of the statements.

Feel the positive emotions associated with them: the more genuine your belief and emotional connection, the more influential the impact.



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Step 9: Adjust as Needed

Please look over and adjust your affirmations periodically.

As you grow and evolve, so may your aspirations.

Keep your affirmations aligned with your current goals and mindset.

Step 10: Celebrate Success

Celebrate small victories along the way.

Acknowledge the positive changes and affirmations that have contributed to your progress.

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I am...

I am...

I am...

I am...

I am...

I am...

I am...