

WRITING AFFIRMATIONS

WHAT ARE AFFIRMATIONS?

Affirmations are short, powerful statements. They help to consciously control thoughts, so they positively affect our behavior, thinking patterns, habits, and environment. When you say or think of your affirmations, they become the thoughts and beliefs that shape reality.

WHO AM I?

Write a description of yourself the way you want to be. Do you want to be intellectual, outgoing, courageous, confident, kind, generous? You make the list. Take some time to think it through. What kind of habits do you want to have? Do you want to exercise daily? Pray? Meditate? Write out a description of the ideal you.

MY QUALITIES

List five qualities about yourself that would contribute to your success and that you would like to be part of the ideal you.

1. _____
2. _____
3. _____
4. _____
5. _____

MY HABITS

List five daily habits that you would like to be part of the ideal you.

1. _____
2. _____
3. _____
4. _____
5. _____

MY AFFIRMATIONS

Once you know who you want to be, create affirmations that reinforce the ideal you. Each affirmation should:

- Start with "I am..."
- Use present tense and speak about things you already have
- Speak about what want and keep them positive
- Keep it brief
- Be specific
- Write them for you and your own actions
- Make them mean something to you personally

Examples:

I am confident in myself, in my ideas, and in my abilities.

I am creative. I have great ideas and pursue them confidently and vigorously.

I am resilient. I do not panic at problems or complain about setbacks.

I am enthusiastically meeting new clients wherever I go.

Write up to five affirmations based on your ideal qualities and habits

1. _____
2. _____
3. _____
4. _____
5. _____

REINFORCEMENT & REPETITION

- Write down your affirmations and place in a prominent place where you will see them daily
- Say your affirmations out loud on a daily basis so they become beliefs
- Repeat your affirmations to yourself anytime throughout the day
- Share your affirmations with others
- Always stay positive when saying affirmations