



Affirmations

Hello there!

Today is really simple, yet important.

Write down **affirmations** about yourself, and you can use insights from previous exercises inspire your affirmations.

This is one of the most important aspects of affirmations- you've got to put emotion behind it! Your subconscious mind responds to emotion!

You know when you say something negative about yourself? You say it with absolute conviction. I invite you to say your affirmations in the same way.

For example you might write:

- ➔ I am a kind and helpful person
- ➔ I bring happiness and laughter to others
- ➔ I am the backbone of my family
- ➔ I inspire and motivate others
- ➔ I am healthy and strong
- ➔ I am....powerful
- ➔ I am....insightful

I am..... powerful words...

You get the idea?



Ok - **10 affirmations please.....** then leave them where you can see them. On the bathroom mirror, as reminders on your phone, on the fridge door.... where ever you'll be able to see them every day.

Say them out loud to yourself daily. In the car, shower, garden, toilet, at work.... just say them out loud. Allow the messages to sink in. Say them in all different ways and say them like you mean it.

For example:

I am *Super* powerful

or

I *Am* super powerful

or

I am super *Powerful*

You get the idea?

And always, SHARE in the Facebook group, we are cheering for you!

Ciao my friends.... until tomorrow. 