

How to Create Authentic Affirmations *to Change Your Life*

Elements of Affirmations:



Concise



Self-Reflective



Future-Focused



Clear Outcome

The Three R's Are Key

Step 1: Reflect

Step 2: Refine

Step 3: Repeat



Self Reflect

Using the prompts, reflect on your accomplishments, challenges and goals.

Prompt:

Write about your **greatest accomplishment** and describe how that speaks to your character or values.

Describe something that's **challenging you** today, this week, or this year.

Think about your **life without any obstacles** and write what that would look like.

Reflection:



Refine Your Themes

Read your responses from the journal prompts. Find a common theme or point that makes you feel strongly and write six words describing the goal, concept, or emotion.



Write and Repeat Your Mantra

Using your work, write a simple statement that makes you feel positive power or energy, and repeat it.

Affirmation Examples:

"I accept my emotions and let them serve their purpose."

"I deserve and expect financial abundance."

