

Create your Affirmations

STEP 1: Visualise the person you want to become and think what this person is (DO NOT think about the goals, think about the IDENTITY)

	Write your Affirmation here (start with I am)
I AM	
I AM	
I AM	
I AM	
I AM	

STEP 2: Think about all the fears and reverse them

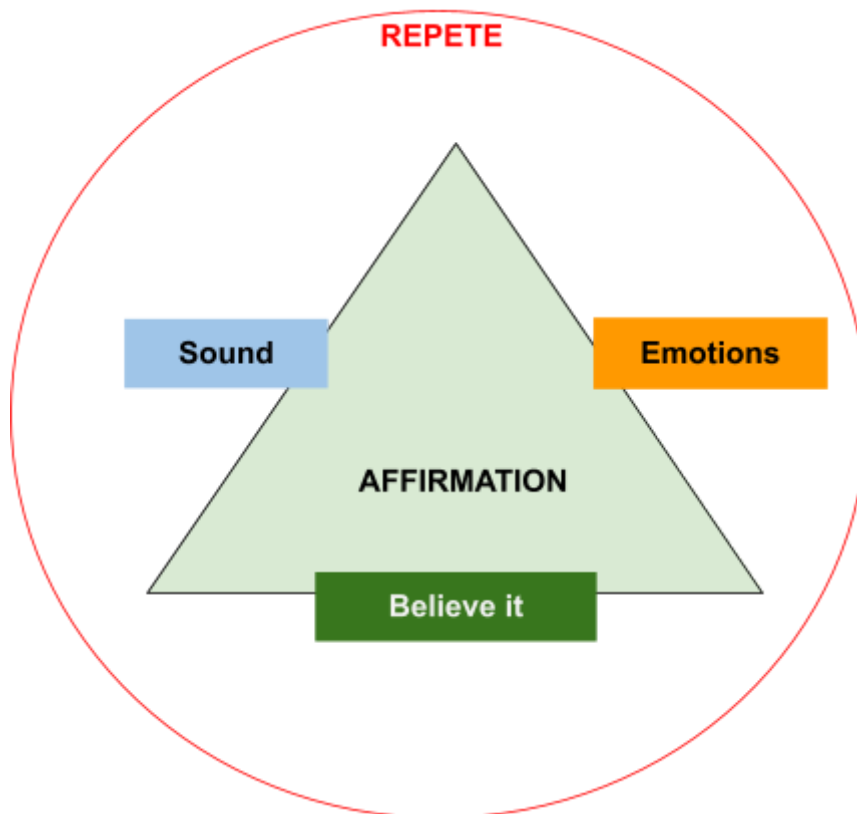
For example

If your belief is that "I am scared of public speaking", you can reverse it and say "I am confident in public speaking"

Your Current Fears / Limitation	Reversed Affirmations
I am scared of public speaking	I am confident in public speaking

How to Use them

1. SAY YOUR AFFIRMATION **OUT LOUD** SO YOUR EARS CAN HEAR IT
2. ADD **EMOTIONS** TO WHAT YOU ARE SAYING
3. **BELIEVE** IN WHAT YOU SAY
4. **REPEAT** IT





When to use them

- Everytime you go for a walk
- You pray
- Before you Sleep
- And as soon as you wake up