



AFFIRMATIONS

1. Always phrase affirmations in the present tense, not in the future.
2. Always phrase affirmations in the most positive way you can.
3. In general, the shorter and simpler the affirmation, the more effective.
4. Always choose affirmations that feel totally right for you.

Life Purpose

Goal

Affirmations

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____