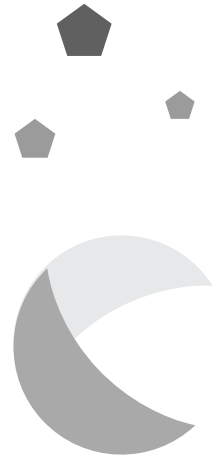


All You Need To Know About Creating Awesome Affirmations

Concepts

1. Use present tense (as if you already are/have what you affirm)
2. Use positive prose ("I am happy" > "I am not sad")
3. Use because ("I am happy BECAUSE I take care of myself well")
4. Focus on a key couple of themes (1-3 at a time)
5. Commit to living out your word (stick with it!)
6. Smile :)



Examples

- I Am Grateful To Be Alive
- I Have Everything I Need
- I Am Exactly Where I Need To Be
- I Work Hard For What I Love
- I Am Rapidly Receiving My Desired Results
- I Get Up Early Because It Makes Me Stronger
- I Love Who I Am & Who I Am Becoming
- My Life Is Amazing
- I Love My Daily Life
- Everyday I Wake Up Energized & Excited
- I Am Happy To Exist
- Life Works With Me - The Universe Is On My Side
- I Am Living The Life Of My Dreams
- Everything Is Working Out Perfectly
- Life ... Is ... Good!

