



HAVASS
Academy & Coaching

DAY 26

Do you remember what we did the second week?

I'm talking about that week when I talked about the importance of self-affirmation

Let's see if the second week was productive enough for you.

Are you ready to test that?

I challenge you; today is self-affirmation day!

Repeat everything from waking up in the morning to going to sleep at night, I'll repeat "EVERYTHING" you've done and tell you a big

"Well done!" every time!

"Wow, how well I cleaned up my bed.... "

"How good I am, I get up and go to work/school, what a great sense of responsibility!"

"Oh, well done; How nice and lazy I've been, but what a pleasure! "

"Thank you very much, how well I cooked!"

"Well done, I spoke very well. Thank you to my mouth. "

"A job could not be done better, I did well!"



Yes yes, I expect you to be exaggeratingly proud of yourself. And again, you should set an alarm on your phone to ring every 1-2 hours so you don't forget with the busyness of the day....I'm very curious to see how you'll feel at the end of the day! Don't forget to write your experience on the worksheet. See you tomorrow!



Tasks

- Acknowledge EVERYTHING you do today and say to yourself "well done". At the end of the day, write your experience on the worksheet..
- Listen to your affirmation before you go to sleep at night.

