

# Custom Affirmation Builder

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## Module 4: The Power of Affirmations

Step 1: Identify your limiting belief

I believe that: \_\_\_\_\_

Step 2: Find the opposite truth

The reality is: \_\_\_\_\_

Step 3: Write your affirmation (present tense, first person, positive)

My affirmation: \_\_\_\_\_

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## AFFIRMATION AREAS

Self-worth: \_\_\_\_\_

Health: \_\_\_\_\_

Abundance: \_\_\_\_\_

Love: \_\_\_\_\_

Purpose: \_\_\_\_\_

DAILY MIRROR WORK: Say your top 3 affirmations out loud

while looking in the mirror â  morning and evening.

Week 1: Mon[ ] Tue[ ] Wed[ ] Thu[ ] Fri[ ] Sat[ ] Sun[ ]

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