

30

DAY AFFIRMATION

challenge



30 Day Affirmation Challenge

Unlock the power of daily affirmations to transform your life

“Your mind is like a garden, if you do not deliberately plant flowers and tend carefully, weeds will grow, without any encouragement at all.”



What is an Affirmation?

The quality of your life is determined by how you feel moment-to-moment. So your ability to use positive affirmations to keep yourself thinking and talking about what you want is one of your most important goals. An affirmation is a statement you say that declares **who you think you are and how you perceive the world to be.**

Simply starting the day by repeating a statement like, "I like myself and I love my work, I like myself and I love my work, I like myself and I love my work." Throughout the day and over time, you will eventually make these words and thoughts a reality.

The Benefits of Positive Affirmations

One of the most **powerful influences** on your attitude, personality, and success is what you say to yourself, and believe. It's not about what happens to you, it's how you respond internally to what happens to you that determine your mind power and your actions.

95% of your emotions are determined by the way you talk to yourself as you go throughout your day. If you do not deliberately and consciously talk to yourself in a positive and constructive way, you will think about things that will make you unhappy or cause you worry and anxiety. By controlling your inner dialogue and how you think about yourself, you can begin to assert control over every other dimension in your life.

When you see things positively and think of yourself in a positive way, you will have a tendency to remain naturally cheerful and optimistic, and keep your mind off of what you don't want or what you fear.



Guidelines for Creating an Effective Affirmation

Keep these in mind to make your affirmations effective in maintaining positivity and consistency with what you want to do and the person you want to be.

1. Start with “I am”

“I am” is the most powerful statement you can make because your mind interprets it as a command to make it a reality. You can use another word after “I” as long as it is still a command.

2. Use the present tense.

Talk about what you want or who you’d like to be as if you’ve already accomplished it. This will trigger the emotions of happiness and you will feel more motivated to work towards achieving it.

Wrong: I am going to deeply love and accept myself.

Right: I deeply love and accept myself.

3. Keep it positive and neutralize all negative thoughts.

The Law of Expression says that, “Whatever is expressed, is impressed.” Whatever you say to yourself is impressed more deeply into your subconscious mind. Resolve to be cheerful and pleasant, and use every temptation to respond negatively as an opportunity to grow stronger by using your daily affirmations in a positive way.

Wrong: I will stop making excuses.

Right: I can do anything I put my mind to.

4. Keep it short.

Your affirmation needs to be memorable enough to be easily remembered and repeated like a mantra.



5. Make your affirmation emotional.

Your affirmations determine the tone of your emotional life. It's important to include what you want to feel either about yourself, your situation, or those around you. Your mind will easily trigger on those emotions.

Wrong: I am a goal-achiever.

Right: I am inspired to reach my goals.

6. Make affirmations for yourself, not others.

Remember, the only person you can control is yourself. So describe your actions and feelings, not how you want others to feel or act.

Wrong: My family is happy.

Right: I am happy with my family.

7. Keep your thoughts on your goals and dreams.

Keep your affirmations on the person you're working toward becoming and the things that you are striving for. When things go wrong temporarily, respond by saying to yourself, "I believe in the perfect outcome of every situation in my life."



Challenge Overview

Who is this challenge for?

This challenge is for anyone who wants to learn, grow, and improve how they think about themselves and look for the good in each situation and person.

What will I get from this challenge?

Saying these positive affirmations throughout the day for 30 days will build the habit of making you more relaxed, aware, and capable of interpreting events more realistically, while maintaining positive thoughts. As a result, you will exert a far greater sense of control and influence over your environment, and will be far less likely to be angry, upset, or distracted.

How do I follow along?

On the following page, you will find a 30-day calendar with a positive affirmation for each day. Start every day by saying the Affirmation of the Day at least 3 times in a row, and continue saying it to yourself as often as you can throughout the day. Repeat the simple process again for the next day with the new Affirmation of the Day listed on the calendar. When you have finished the challenge, start creating your own affirmations to say to yourself daily!

Please share your progress with me on my [Facebook page](#) or tag me on your posts. You'll find a supportive group of people just like you also taking on the challenge or you might inspire others to do their own. I'll also be sure to follow up with you as I see your transformation.





Calendar

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|---------------------------------|--|---------------------------------|---|
| <input type="checkbox"/> DAY 01 | I Love Myself | <input type="checkbox"/> DAY 16 | I Am Vibrant And Have Lots Of Energy |
| <input type="checkbox"/> DAY 02 | I Can Do Anything I Put My Mind To | <input type="checkbox"/> DAY 17 | I Think Like A Winner |
| <input type="checkbox"/> DAY 03 | I Am Getting Better Every Day | <input type="checkbox"/> DAY 18 | I Appreciate Every Moment Of The Day |
| <input type="checkbox"/> DAY 04 | I Am Important | <input type="checkbox"/> DAY 19 | There Is A Solution To Every Problem |
| <input type="checkbox"/> DAY 05 | I Am Successful In Whatever I Do | <input type="checkbox"/> DAY 20 | I Feel The Joy Of Abundance |
| <input type="checkbox"/> DAY 06 | I Am Loved | <input type="checkbox"/> DAY 21 | The Universe Provides For My Every Want And Need |
| <input type="checkbox"/> DAY 07 | I Am Strong | <input type="checkbox"/> DAY 22 | I See Endless Opportunities Before Me |
| <input type="checkbox"/> DAY 08 | I Am Hopeful | <input type="checkbox"/> DAY 23 | I Am Inspired To Take Action Every Day |
| <input type="checkbox"/> DAY 09 | I Am Making Things Happen | <input type="checkbox"/> DAY 24 | I Am Powerfully Positive In Everything I Think, Do, And Say |
| <input type="checkbox"/> DAY 10 | I Persist With Confidence | <input type="checkbox"/> DAY 25 | I Radiate Positive Energy |
| <input type="checkbox"/> DAY 11 | I Trust Myself In Making Great Decisions | <input type="checkbox"/> DAY 26 | Everything I Do Turns Into Success |
| <input type="checkbox"/> DAY 12 | I Embrace My Fears Fully And Calmly | <input type="checkbox"/> DAY 27 | I Am Living My Full Potential |
| <input type="checkbox"/> DAY 13 | I Am A Wonderful Person | <input type="checkbox"/> DAY 28 | I See The Bright Side In All Situations |
| <input type="checkbox"/> DAY 14 | I Deeply Love And Accept Myself | <input type="checkbox"/> DAY 29 | I Am In Control Of My Life |
| <input type="checkbox"/> DAY 15 | I Am Able To Solve Problems Creatively | <input type="checkbox"/> DAY 30 | Today, I Will Spread Joy In Random And Beautiful Ways |