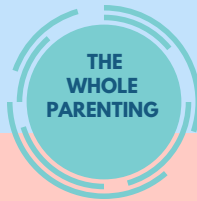


10

AFFIRMATION CHEATSHEET



1

CONSIDER A NEGATIVE THOUGHT YOU HAVE ABOUT YOURSELF; NOW TURN THAT THOUGHT INTO ITS POSITIVE VERSION.

2

MAKE SHORT MEMORABLE AFFIRMATIONS

3

MAKE SURE THAT ALL YOUR AFFIRMATIONS ARE WRITTEN IN THE POSITIVE.

4

MAKE SURE YOUR AFFIRMATIONS ARE WRITTEN IN A FIRST PERSON PRESENT STATEMENT THAT DECLARES YOU "ARE" WHATEVER YOU DESIRE TO BE.

5

INCLUDE PASSION AND EMOTION WHEN WRITING YOUR AFFIRMATIONS.

6

BE REALISTIC ABOUT YOUR AFFIRMATIONS.

7

PRACTICE GRATITUDE IN YOUR AFFIRMATIONS BY AFFIRMING SUCCESSES THAT YOU ALREADY HAVE.

8

I CHOOSE TO ...

9

GOAL SETTING, ACTION PLANS, KEEPING A JOURNAL

10

GOAL SETTING, ACTION PLANS, KEEPING A JOURNAL