

Affirmations Worksheet

What do you want in your life? Affirmations will not magically make everything happen, but they can train our mind to possibilities that we have limited ourselves away from. Fill in the spaces and say ten times 2-3 times a day for 40 days

I am _____.

I am thinking _____ thoughts

I am feeling _____.

I am living in a _____ manner

My habits are _____.

I am deserving of _____.

I am choosing _____.

I am speaking in a _____ manner.

I am acting in a _____ manner.

I am expecting _____.

I am radiating _____.

I am enjoying _____.

I am celebrating _____.

I am grateful for _____.

I am _____.

SO BE IT!