



AFFIRMATIONS WORKSHEET

Create a healthier mindset by combating negative thoughts with positive affirmations, here's how:

Step 1: An affirmation is where you see yourself, so start with an 'I' or 'my' statement.

Step 2: An affirmation is a statement that you believe to be true, so use a present tense verb like 'am' or 'feel'.

Step 3: Fill in the rest with the results you want to see. Speak your affirmations daily with intention, confidence and authority.

This: I am successful and attract abundance and prosperity.

Not That: I am not afraid of failing.

Concerns Needing to be Addressed

Affirming Statement

- ✚ I AM receiving abundance now in expected and unexpected ways.
- ✚ I AM increasingly confident in my ability to create the life I desire.
- ✚ I AM acting on inspiration and insights and I trust my inner guidance.
- ✚ I AM giving and receiving all that is good and all that I desire.
- ✚ I AM receiving infinite, inexhaustible and immediate abundance.
- ✚ I AM creating my life according to my dominant beliefs; and I AM improving the quality of those beliefs.
- ✚ I AM constantly striving to raise my vibration through good thoughts, words and actions.
- ✚ I AM making a meaningful contribution to the world and I AM wonderfully compensated for my contribution.
- ✚ I AM willing to believe that I AM the creator of my life experience.
- ✚ I AM willing to believe that by raising my vibration, I will attract more of what I desire.
- ✚ I AM willing to believe that by focusing on feeling good, I make better choices that lead to desired results.
- ✚ I AM worthy of love, abundance, success, happiness and fulfillment.
- ✚ I AM free to choose to live as I wish and to give priority to my desires.
- ✚ I AM flexible and open to change in every aspect of my life.
- ✚ I AM in charge of my life.
- ✚ I AM inspired and have the power to accomplish everything I need to do today.
- ✚ I AM committed to my goals.
- ✚ MY personality radiates confidence, certainty and optimism.
- ✚ MY heart and mind is open to love and being loved.
- ✚ MY life overflows with love, joy, peace, patience, goodness, kindness, and self-control.

Sources: www.vitalaffirmations.com and www.loveorabove.com/blog/law-of-attraction-affirmations/

