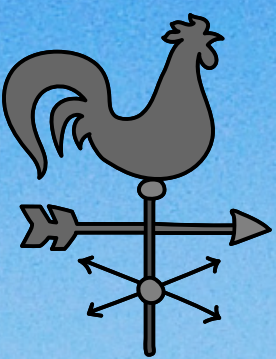


EXPLORE, EXPERIMENT, EXPAND, DISCOVER

AFFIRMATION GUIDE

Rod Chabot Coach. Write. Speak. Weathercock.
www.rodchabot.com



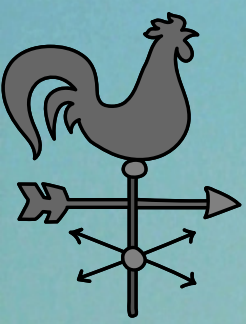
New day Affirmations

- Life is happening for me, not to me
- Where my focus goes energy flows
- I breathe and feel my heartbeat work as one
- I can face any challenge life sends my way, I can only learn and grow from it



Bedtime Affirmations

- I tried my best and I showed up today
- I release today because it is the past and tomorrow is a chance to start again
- I let go of everything that did not serve me
- I welcome sound and deep sleep so that it recharges my mind and body

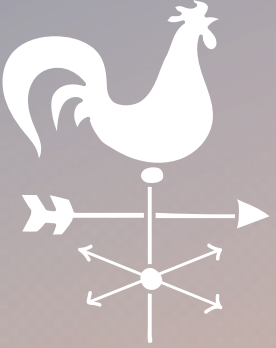


Job interview Affirmations

- I can answer any question with ease and confidence
- I can be a positive force for my new team
- I can contribute to this company and elevate my colleagues

I have many skills and can learn what I do not know

- My energy serves my productivity



Public speaking Affirmations

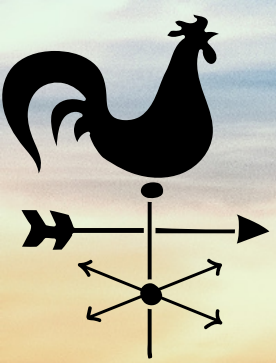
- I am clear and rehearsed and I can't wait to connect with people
- I have knowledge I want to share with my audience
- I have all the skills to communicate effectively to my audience
- I can impact someone's life with my words
- What I have to say is meaningful



*self-love
& self-care*

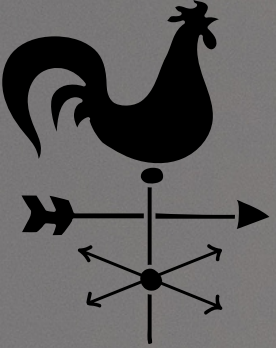
Affirmations

- I have everything I need and work towards what I want
- I am the most unique, limited, one of a kind edition there is.
- I am deserving of love, wealth, peace and happiness
- I create my own joy and purpose
- I love myself therefore I take care of myself first



self-worth affirmations

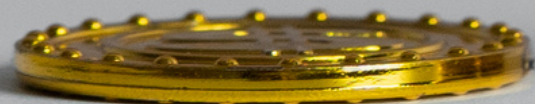
- I make mistakes so that I can learn and grow from them
- The universe conspires to give me everything I need to succeed
- I embrace the person I am and becoming
- I am a work in progress
- I love myself unconditionally first

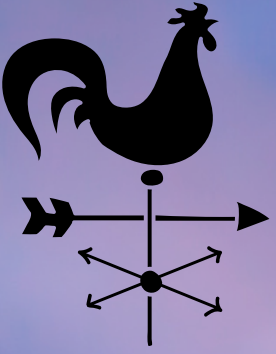


Money Affirmations

- There will always be enough money for me to earn
- I am deserving of every kind of wealth
- Money like energy flows all around me
- I choose to have an abundance mindset
- I work to live, I live to give back and money finds it's way to me

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Stress relief Affirmations

- I breathe in confidence and release stress
- I inhale calm and exhale tension
- I am at peace and reject _____ (insert your chosen emotion)
- I have the strenght to overcome any obstacle
- I tame my fear and quiet my ego, I have all the skills to solve this challenge