



AFFIRMATIONS

Day 6

Learn

Before we can create meaningful statements to affirm we must first form them. Instead of writing and repeating affirmations that you may or may not believe, we write “affirmations” and respond to them.

Do

Below are some affirmation prompts. Set your timer for ten minutes, pick one and write whatever comes to mind. You may be surprised what your inner wisdom delivers.

Prompts

- How am I so good at keeping my word to myself?
- Why is it so easy for me to follow through?
- How am I so proficient at completing things so effortlessly?
- How am I so good at creating flow in my day?
- How am I so good at completing tasks before they become urgent?
- How am I so good at doing my kitchen each night?
- How is it so easy for me to set and hold my boundaries?

Affirmations Writing space

