

Setting Up Affirmations in Your Reminders App on iPhone or Android

Affirmations are a powerful way to reinforce positive thoughts, and using your phone's reminders app makes it easy to schedule them throughout your day. Here's how you can set it up:

For iPhone (Reminders App)

1. **Open the Reminders App:** Locate the pre-installed Reminders app on your iPhone and open it.
 2. **Create a New List (Optional):**
 - Tap "Add List" at the bottom of the screen.
 - Name it something inspiring like "Affirmations" and select a color or icon to personalize it.
 3. **Add an Affirmation:**
 - Tap the new list or an existing list.
 - Tap "New Reminder" or the "+" button to create an affirmation.
 - Type your affirmation, e.g., *"I am confident and capable of achieving my goals."*
 4. **Set a Schedule:**
 - Tap the "i" icon or the details button next to your reminder.
 - Toggle "Remind me on a day" and set the date and time.
 - Toggle "Repeat" and choose how often you want to see the affirmation (e.g., daily, weekly, or custom intervals).
 5. **Enable Notifications:**
 - Go to **Settings > Notifications > Reminders** and ensure notifications are allowed for reminders to appear.
 6. **Enjoy the Positivity:**
 - Your affirmations will now pop up at the scheduled times to keep you motivated throughout the day.
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For Android (Google Keep or Default Reminders App)

1. **Open the Google Keep App (or Default Reminders App):**
 - Google Keep works great for setting reminders with affirmations. If using a different app, ensure it supports reminders and notifications.

2. Create a New Note or Reminder:

- Tap the "+" button to create a new note.
- Write your affirmation, e.g., *"I attract positivity and success in my life."*

3. Set a Reminder:

- Tap the "Reminder" icon (usually a bell or clock symbol) in the toolbar.
- Choose a time and date for your affirmation to appear.
- Set a recurring schedule by selecting "Repeat" (daily, weekly, or custom frequency).

4. Organize Affirmations (Optional):

- Use labels or categories (like "Affirmations") to group all your reminders together for easy reference.

5. Enable Notifications:

- Go to **Settings > Apps > [App Name] > Notifications** and ensure notifications are enabled.

6. Stay Motivated:

- Your affirmations will now appear as notifications, helping you stay focused and positive.

By scheduling affirmations on your phone, you'll receive gentle reminders to uplift your mood and reinforce positive thoughts, making it an easy yet effective tool for personal growth.