

SOMETHING TO WORK ON!



AFFIRMATION FLOWER

Let's get creative! A way to make sure we stay on top of our daily affirmations is to make sure they are in a place that is visual. This month we are going to make an affirmation flower. All you need is some construction paper and a marker, or you can print out a picture of a flower like I did here.

Now you can get as creative as you like, but for the bare minimum this is what you need to do:

1. If using construction paper, draw a circle in the middle and petals around the circle.
2. Write the words "I AM" in the middle of the flower.

3. On each flower petal, write a power word that empowers you.
4. Cut the flower out and tape it to your bathroom or bedroom mirror.
5. Wake up each morning and read aloud your "I Am" affirmations.

As an extra bonus, you can take a picture of it and make it your screensaver on your phone or computer. You can never have too many positive affirmations hanging around.

Switch up your power words as often as you feel inspired to or create as many flowers as desired. Only you know what moves you. Let's get ready for our daily inspirational medicine!



ONE LAST THING



If you haven't signed up to be a subscriber, please go to www.ceejaywood.com and click on "subscribe". It's free and worth your while. I'd love to hear from you, so please feel free to reach out with blog topics and questions.

Until Next Time.....