



CREATING *Your* AFFIRMATIONS

By Lizzy Sutton

WHAT ARE AFFIRMATIONS?

Our words create our reality.

Affirmations are one of the most common ways to harness this power and use our words to speak into existence. They can be a fun way to manifest a better mood, a better day, your dream job, your dream relationship, really anything you want! Think of affirmations as a solid foundation that allows you to cultivate more productive and positive outcomes in all areas of your life and all that you do.

Per Emma Mumford, my favorite Spiritual Queen and guru on all things "manifesting", separates affirmations into 2 categories: *emotional affirmations* and *manifesting affirmations*.

Emotional affirmations start with the most powerful phrase in the Universe, "I am...."

This phrase literally creates your reality so be careful what you say afterward.

Examples: "I am beautiful. I am confident. I am courageous. I am grateful."

Manifesting affirmations typically look like this: "Everything I give I receive back 10x. Thank you, Universe, for all the abundance that is coming my way today. Prosperity and opportunity surround me."

What you put out there is going to come back to you. Think of your words like a boomerang. That is why it is important to speak only what you want in your life. Would you want that to come back to you?

Affirmations should be personal to you. Here is some inspiration to get you started.

My most important affirmations, right now:

EXAMPLES:

"I am surrounded by love"

"I am a money magnet"

"I am a successful yoga instructor"

"I am full of creativity and passion for my work"

"I am open for divine communication and support"

"Thank you, Universe, for all the abundance that is coming my way today"

"Thank you, Universe, for the love that is coming into my life "

"Wealth and prosperity surround me "

"I take inspired and aligned action on my goals"

"Make the opportunities that are right for me clear and obvious"

YOUR AFFIRMATIONS

Date:

Now let's create your own positive affirmations that will have a positive impact on the different aspects of your life and the specific goals you have. A few important points to remember: First, always write your affirmations in present tense using the "I" pronoun. Second, use affirmative & positive words (avoid can't, won't, will not, etc). For example "I'm full-on energy and always take action", instead of "I'm not lazy". Third, it's important to build a habit of using these affirmations when you're doing the opposite of what you know you should be doing.

BONUS TIP: Start off your day by saying these affirmations to yourself in the mirror. It may feel weird at first, but this will exponentially increase the results.

RELATIONSHIPS

ex. "I'm loving and giving in my relationships". "I'm in control of the people I let in my life"

FINANCE

ex. "I'm capable of creating my dream financial life through hard work and dedication"

CAREER

ex. "I'm always striving to develop myself professionally"

HEALTH/ FITNESS

ex. "I'm in control of my physical fitness"

LOVE

ex. "I have people who love me"

NOTES

Date:

A series of horizontal lines for writing notes.

