



**Ms. LORI**  
**LIFE COACHING SERVICES**  
*Opening Paths to Living Your Best Life*

I AM \_\_\_\_\_  
Name here

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## CREATE YOUR PERSONAL AFFIRMATION

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1. Describe in at least one paragraph the essence of who you **are**.

*To do this include what type of person you think you are. Be honest and include both your positive and negative characteristics.*

2. Describe in one paragraph the essence of who you **want to be**.

*To do this, describe yourself as though you are today living your best life!*

3. List the key words or phrases from each paragraph.

*To do this, choose the words that stand out and mean the most to you.*

4. Using key words, reduce your two paragraphs to one or two sentences.

**Let's create your personal affirmation! This should be a definitive statement about you living your best life.** *Example: "I am a successful writer and my stories inspire others to improve their lives." (You may not have published stories yet but this is your goal and your truth.)*

*Suggestion is to begin with "I AM..."* You may create more than one affirmation.

Inspire others by sharing your affirmation  
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