

AFFIRMATIONS WORKSHEET

How to use this worksheet

This worksheet will help you make some starter affirmations. As I mention in **YOU-NICORN**, these affirmations are starting points for what will hopefully become an evolving practice of writing and revising your own affirmations. Remember, we're going for sanded-wood progress, not chainsaw art.

Step 1: Complete the below sentences so they are true for you right now.

If you feel like these answers may change in the future depending on your focus, that's ok. Just fill them out so they're correct for you today. You can always come back and re-do the worksheet if you feel like the affirmations aren't hitting the mark.

1. In a no-boundaries, no-limits world, I would _____
_____.
2. I wish I could follow my dreams, but I can't because _____.
3. If I could stop _____, it would be easier to [insert item from #1]
4. I wish I was more _____.
5. If I had more _____, I would be able to pursue [insert item from #1]
6. I just don't have enough _____ to get what I want.
7. People with the most _____ get ahead in the world.

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Step 2: Pull your words and phrases out of their context.

Without evaluating the validity or non-validity of the words you chose, just fill in the words and phrases below.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

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Step 3: Using the below prompts, use page 2 (not page 1) to answer the below questions.

Hide page 1 (we don't need those limiting beliefs anymore!). Using page 2, fill in the below prompts to the best of your ability. Take a little time with this. You might need to use some creative thinking to get around your limiting beliefs. If your answers don't really satisfy you, that's ok too. You can always come back and rework this page when those page 1 limiting beliefs seem further in the rear view mirror.

2.

a. What material could resolve this?

b. What person or people could resolve this?

c. What action (large or small) can you take to resolve this?

3. Write the opposite of the action, without using the word "not":

(sometimes this requires a bit of creativity, since our language is so dependent on the word "not." If your action is "drinking," for example, the opposite of that could be "being sober," rather than "not drinking.")

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Step 4: Using your answers on pages 2 and 3, complete the following sentences.

Isn't this fun? You're writing affirmations! Now, I know some of these seem like fantasies right now, but that's the point of affirmations: they counter your limiting beliefs and, through repetition, they begin to come true in your life.

1. I'm on a path to _____
_____.

and I know the way will become available to me as I do what I need to do to achieve that goal.

2.
a. I have the right amount of _____ to get me started on my
path of _____
_____.

b. I am on the look-out for _____,
and welcome them into my life when they present themselves.

c. Every day, I make it a priority to _____.

3. I enjoy _____ because I know that it's helping me achieve my best life.

4. I'm _____ enough to achieve anything I want.

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5. I'm increasing the amount of _____ in my life, and I

know more will become available to me as I do what I need to do to achieve that goal.

6. I'm building up my _____ so that I can be in a better position to get what I want.

7. I have enough _____ and will grow to have more of it as I move toward my goals.

Step 5: Write your affirmation cards.

Here it is! The part where we make our affirmation cards that we'll review every day. In your own writing (no matter how legible it is - the only important thing is that **you** can read it), write these affirmations on cards. I find 3x5 cards work the best, but if you want to cut out your own cards from regular notepaper, that works too. **You just want one affirmation per card** (even in the step that had multiple affirmations associated with it).

Step 6: Review daily.

Review these affirmations at least first thing in the morning. If you're feeling extra extra, also review them before you go to sleep at night.

Feel free to return to this sheet as often as you need to