

Affirmations

Affirmations are positive statements that help you with

- ✔ the process of changing your thoughts and behaviour
- ✔ Overcoming negative self-talk
- ✔ Creating new neural pathways to change your life to the better

The process of creating an affirmation is simple. Just follow these 5 steps:

1. Create the affirmations the present tense, the NOW. Declare it to be already true
2. Use positive language only. For example: reframe statements such as “I do not want to eat sweets” into to “I feel comfortable in my healthy body”
3. Short & Sweet... the less words you process, the better. There’s a better chance of remembering the affirmation you have to repeat every day
4. Intention without Action remains just an intention and no amount of affirmations will manifest what you desire. For example: I am grateful that I am enjoying eating healthy food
5. Adding a feeling adds power to your affirmation. Sometimes it is difficult to believe what we are affirming, however, the emotions such as joy, happiness, gratitude make the affirmation more tangible and realistic.

A good and powerful affirmation will make you feel giddy when you recite it. It will make you feel excited about what’s to come and you raise your frequency to reach the vibration of your intention.

Here are some powerful I AM “feeling” words to help you with designing your affirmations:

Abundant	Courageous	Healthy	Proud	Strong
Active	Connected	Happy	Powerful	Spirited
Appreciated	Creative	Hopeful	Prosperous	Thankful
Assertive	Energised	Intuitive	Relaxed	Unwavering
Attractive	(in) Flow	Invigorated	Radiant	Uplifted
Authentic	Empowered	Inspired	Ready	Unlimited
Beautiful	Confident	Grateful	Peaceful	Soulful
Blessed	Enlightened	Joyful	Relieved	Upbeat
Blissful	Enthusiastic	Kind	Renewed	Valuable
Bold	Excited	Knowledgeable	Resilient	Vibrant
Brave	Focused	Light	Safe	Warm
Calm	Fortunate	Love	Secure	Whole
Cheerful	Free	Motivated	Sensational	Wise
Clear	Glowing	Open	Smart	Wonderful

Below are some Affirmations to start you off “affirming your journey”

- All is Well
- Happiness is a choice
- I achieve whatever I put my mind to I always take care of my body
- I am a gracious giver and receiver
- I am confident and assertive
- I am filled with gratitude every moment of my life
- I am highly motivated to bring results today
- I am loving my healthy lifestyle
- I am now fearless, courageous and bold
- I am now surrounded by an ocean of wealth and I draw from this ocean all I need
- I am now surrounded by infinite abundance
- I am now totally energised
- I am worthy of every good thing this life has to offer
- I attract success into my life
- I believe in myself
- I choose to see the light that I am to this world
- I consciously choose the emotional state that I am in at all times
- I create good health habits quickly and easily
- I deserve love and get it in abundance
- I enjoy eating healthy food
- I forgive myself for all the mistake I made
- I happy in my own skin
- I have been given endless gifts which I begin to utilise today
- I love and approve of myself, and I trust the process of life
- I love and respect myself
- I now have all the energy I need
- I trust my inner wisdom and intuition
- My body is healthy, my mind is brilliant; my soul is tranquil
- What I imagine I can do, I do