

Creating AFFIRMATIONS

1. Where do you want to *flourish*?

- Think of the areas of your life where you want growth.
- Address that which gives yourself stress and uncertainty. Where do you feel out of control?
- Where do you feel stagnant? What needs progression?

2. Set/recognize *goals*

- Write out your goals specific to the growth in those areas. Make them measurable and attainable.
- If you already have goals revisit them here. Revise them if necessary

3. *Reverse* the negative

- Think of negative characteristics about yourself that you want to reverse.
- What stereotypes do other people have about you that you know to be untrue?

4. Write *positive* affirmations!

- Write confident statements about the present and the future.
- Include in your affirmations statements about the goals you want to achieve.
- Write statements that reverse the negative stereotypes and characteristics you have.
