

## WORKSHEET – Creating Your Own Affirmations

1. Uncover your limiting core beliefs about yourself:
  - a. These are learned and experienced early in your life
  - b. Deeply held and often subconscious
  - c. Examples: I am not good enough, I don't matter, relationships are dangerous, I am unlovable, I am not smart enough,
  
2. List three of your own limiting core beliefs
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  
3. Close your eyes and feel the limitations of your belief. Clear the negative belief from your mind. Make space for the positive replacement thought. Create a mental picture of what you want. Create a positive affirmation to go with each of your limiting core beliefs.
  
4. Creating an affirmation
  - a. State in the present tense and in a complete sentence
  - b. State as if it is already true.
  - c. About you not others
  - d. Simple, direct, short, and positive.
  - e. It should feel like a stretch, but doable.
  - f. It is positive and attractive.
  
5. Examples
  - a. I am deeply relaxed and centered
  - b. I accept all my feelings as part of myself
  - c. I have everything I need within myself or within my reach
  - d. I am lovable
  - e. I am enough
  - f. I am safe right now
  - g. I am constantly learning from my experience
  
6. Create three affirmations for yourself.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  
7. Put your affirmation to use:
  - a. Write it out by hand several times daily
  - b. Put it on a yellow sticky and place in plain view
  - c. Say your affirmation out loud three times daily