

Creating Affirmations

1. Where do you want to flourish?

- a. Think of the areas of your life where you want growth
- b. What are triggers for stress and uncertainty?
- c. Where do you feel out of control?
- d. Where do you feel stagnant? What needs progression?

2. Set/recognize goals?

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

3. Reverse the negative

- a. Think of negative characteristics about yourself that you'd like to change
- b. What stereotypes do other people have about you that you know to be untrue?

4. Write positive affirmations

- a. Write confident statement about the present and future
- b. Include in your affirmation, statements about the goals you want to achieve
- c. Write statements that change the negative stereotype and characteristics you have
