



How to Write Affirmations

Style:

- Use “I” or My” – write in the first person
- Write about the desired outcome
- Write in present tense – not the future, not the past

Samples:

I trust the universe

I tell people about portfolio development in a clear and concise way

I make commitments from passion and vision

I am on a healing journey

My thoughts create my future

I use the Essential Skill of Thinking regularly

Helpful Hints:

Read your affirmations upon waking and going to sleep.

Review your affirmations as you go through your day.

Put your affirmations in a place where you can see them regularly.

Review your affirmations every day for two to three months and see a gradual change in your thinking.

If you miss a day - just start again the next day.