

Crafting Your **PERSONAL AFFIRMATIONS:**



Stay Positive: Frame affirmations in a positive manner, focusing on what you want, not what you want to avoid.



Present Tense: Phrase them as if they're happening now — "I am" instead of "I will be."



Believable: They should resonate with you, even if they stretch your current beliefs.

Exercise:

Write down three affirmations tailored to your personal aspirations or challenges. Repeat them every morning for a week.