

Affirmations

QUICK REFERENCE

Positive

Affirmations need to be positive, and that means avoiding all negative words (no, not, never) and anything with a negative connotation (lose, hate, anger, stop).

- ✘ *I stop feeling angry every day.*
- ✘ *I never feel angry anymore!*
- ✔ *I always feel calm, peaceful, and happy!*

Present

It may be tempting to use future tense when writing affirmations, but this makes it feel unattainable or something that we feel good about *after* we achieve it. The goal is to feel positive *in the moment*.

- ✘ *I will be slender, sassy, and beautiful this Christmas.*
- ✔ *I am feeling slender, sassy, and beautiful RIGHT NOW!*

Powerful

Write your affirmations so that you *feel* what you're trying to achieve deep in your bones. This may mean using more descriptive words, or even cussing, if it feels right.

- ✘ *I have high self-esteem.*
- ✔ *I am a radiant, powerful woman who oozes confidence!*
- ✔ *I am a BADASS and I know it!*