

AFFIRMATIONS

These are encouraging phrases that *light us up*, motivate us and keep us on track. So powerful ! However, it can be overdone too by drowning yourself and smothering your walls in positive sparkly mantras and affirmations made by others.

I highly recommend keeping it super clean. If we imagine each affirmation is a voice - imagine a whole wall full of them ! Our mind can be overrun by positive things too! Everything we see each day is creating a form of noise that we need to process. Too much and we can feel overwhelmed. Imagine how clear just 1 distinct affirmation is that is targeted directly at you, created by You – opposed to having 10 (or more) quotes created by other people. This is where massive change can happen very quickly – by keeping it clear and concise. Creating one powerful affirmation that is made by you and for you is priceless and will be much more powerful to help you shift gears, create new healthy habits and get into more flow.

Creating affirmations is actually very simple – especially if you utilise what you have learnt from the **‘Changing Your Dialogue’** part. Using the example of improving your dialogue creates an affirmation for You, right now, that is very relevant, in this very moment.

Your words from Step 5 are perfect so use them for this.

Recap : Example from Step 5 - Changing Your Dialogue :

“I feel so good that I am prioritising moving my body.”

MODULE 3 RECAP

Write your affirmation in your journal. Then using a white board marker, also lovingly **write your affirmation on your bathroom mirror OR write a note and stick it on your bathroom mirror.** Whenever you see it – truly look at it and read the words you have written. That’s all ! Easy Peasy ! Think of your mantra when you take time for yourself throughout your day and especially if you feel stuck and feel like you are losing track of your direction i.e. are on your way to falling off the wagon.

You can change your affirmation as it feels good, although stick with one for minimum 1 week. Sometimes an affirmation may resonate for months or even longer. Tune in to see what feels best. Remember, you want your affirmation to ring true to something you would like to work on and call into your world.