



# Daily Reinforcement: Affirmations

**Time: 3 – 5 minutes**

Affirmations are short positive statements designed to help reprogram your thinking, challenge negativity, and solidify your new mindset shifts. There are three keys to creating success with affirmations.

1. Write statements that resonate with you. These statements need to be meaningful for you. You won't have success with affirmations that mean something to someone else.
2. Set all your affirmations in the present. Your statements need to be anchored in "I am" not "I will be."
3. Say them with conviction. You have to say the statements with feeling and belief. If you're skeptical when saying your affirmations, your mind won't believe you.

## Step 1

Craft a list of affirmations related to who you are and your self-worth. Below is a list to get you started.

- I am exceptional.
- I am worthy just the way I am.
- I am enough.
- It's a privilege to be who I am.
- I have everything I need.

## Step 2

Print out your list of affirmations and place them by your bed. Say your affirmations first thing in the morning when you wake up and right before you go to sleep at night.

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