

Create 10 Affirmations

Create 10 affirmations of your own.

Rules for writing your own affirmations:

1. Affirmations must be stated in the present tense
2. Affirmations must be stated in the positive
3. Be specific

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____