

# YOUR AFFIRMATION POWER PACK!

USE THESE 4 ELEMENTS TO CREATE A POWERFUL STATEMENT









MAKE IT POSITIVE: INSTEAD OF "I'M NOT STUPID" SAY "I CAN DO ANYTHING I PUT MY MIND TO!"

USE POWERFUL WORDS: AMAZING, COURAGEOUS, POWERFUL, CHOOSE, ACT, SUCCESS, FORWARD, UNSTOPPABLE!

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KEEP IT PERSONAL: SAY I, MY, ME, MINE. LIKE, "TODAY I AM A LEADER!"

BE PRESENT: "TODAY... I HAVE... I AM... I WILL..."

I AM ENOUGH  I AM PROUD OF MYSELF  TODAY I CHOOSE TO THINK POSITIVE  TODAY I WILL CHALLENGE MY FEARS  I AM AT PEACE  I MAKE A DIFFERENCE  I AM AN AMAZING PERSON   
I BELIEVE IN MY ABILITIES  GOD IS WITH ME 