

POSITIVE AFFIRMATIONS

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TODAY I'M FEELING

TODAYS FOCUS:

CREATE YOUR AFFIRMATIONS:

1

2

3

FOCUS ON WHAT YOU WANT:

REPEAT THEM 10 TIMES EACH &
NOTE HOW YOU ARE FEELING:

MAKE IT BELIEVABLE, GIVE EXAMPLES
OF HOW THESE ARE TRUE:

HOW I AM FEELING AT THE END OF THE DAY:

TOMORROW I WILL FOCUS ON:
