

# AFFIRMATIONS

CREATE MEANINGFUL AFFIRMATIONS FOR THE AREAS YOU WANT TO IMPROVE. USE PRESENT-TENSE "I" STATEMENTS AND CHOOSE POSITIVE LANGUAGE (AVOID WORDS LIKE "CAN'T" OR "WON'T"). FOR EXAMPLE, SAY "I AM FULL OF ENERGY AND ALWAYS TAKE ACTION" INSTEAD OF "I AM NOT LAZY." MAKE A HABIT OF USING THESE AFFIRMATIONS, ESPECIALLY WHEN YOU CATCH YOURSELF DOING THE OPPOSITE OF WHAT YOU SHOULD.

**RELATIONSHIPS**

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**FINANCES**

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**CAREER**

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**HEALTH**

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**LOVE**

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