

# Affirmations



In this part you'll write down positive affirmations that will have a positive impact on the aspects of your life you're trying to improve. A few important points: First, always write your affirmations in present tense using "I" pronoun.

Second, use affirmative & positive words (avoid can't, won't, will not etc). For example "I'm full on energy and always take action", instead of "I'm not lazy". Third, it's important to build a habit of using these affirmations when you're doing the opposite of what you know you should be doing.

## Relationships

ex. "I'm loving and giving in my relationships". "I'm in control of the people I let in my life"

## Finance

ex. "I'm loving and giving in my relationships". "I'm in control of the people I let in my life"

## Career

ex. "I'm always striving to develop myself professionally"

## Health & Fitness

ex. "I'm in control of my physical fitness"

## Love

ex. "I have people who love me"

**POWER** | *house*  
Empower your Direction