

HACK YOURSELF | ACTIVITY SHEET 5

DAILY AFFIRMATIONS

Affirmations tune your subconscious mind to work in such a way that they become real. You should say each affirmation 10 times in front of a mirror.

Morning

All that's possible for anyone is possible for me.
There is a power greater than me, that wants me to succeed
I attract positive things and people in my life.
I choose to do great things today.
Every day I discover interesting and exciting new paths to pursue.

Daily

I am worthy and deserving of all the things I would love in my life.
My ideas are worth being shared.
I do what I can from where I am with what I have.
I am enough and I am loved.
I am far more powerful and contain more potential than any circumstance, situation, or condition.

Love

I am safe in all my relationships, and I openly give and receive love
My life is free from clutter and drama. My organization creates a flow of abundance in my life.
Every day in every way I am getting better and better.
I choose to have compassion for my mistakes and create my personal best TODAY!
My body responds to my healing thoughts, and I radiate health & vitality.

Work

I further my career with every action I take.
I am enthusiastic and excited about my work.
My job brings me financial abundance.
My coworkers love being around me.
I am focused and productive at work.

Health

I love everything about my body.
I take care of my body and exercise every day.
My body is healthy and full of energy.
I am very grateful and happy that I weigh ____ (fill in with desired weight).
I crave healthy, nutritious foods.

Life

Every morning I wake up with thoughts and feelings that are nourishing.
I am enthusiastic about every second of my life.
Everyone sees how much joy and love I have for life.
My life is full of magic and serendipity.
I see the beauty in everything.

