Your Positive Affirmations
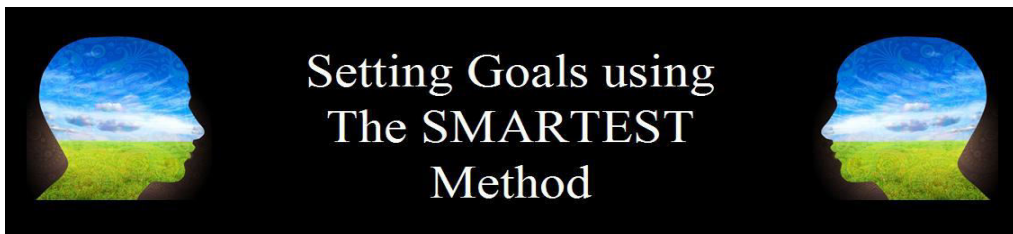
As you work towards your goal, the realities of life can get in the way. All those challenges, obstacles, unexpected events and your own "Off Days" that can come along will happen, and often this part of the journey can slow you down or even stop you dead in your tracks. But only if you let them.

To keep your vision alive and your dedication steadfast, you would benefit from developing some Positive Affirmations for yourself. If you're not sure what affirmations are, they are basically statements that reinforce your beliefs, skills and abilities and what you want to happen for yourself. The trick is to write them in a away that declares what *will* happen for you, or better yet, write them in present tense as if you are *already living them.*

For example, maybe one of your beliefs is "I believe I am good at sales"… your affirmation would simply be "I am good at sales". Easy! Or "I would like to have lots of money in my life" becomes "I have lots of money in my life". Get the idea?

Your affirmations can come from anywhere. Look back over your answers to the questions you've worked through so far. You'll need to read your affirmations out loud to yourself at least once a day. This might feel and sound strange at first and somewhat fake, as what you are saying to yourself may not have manifested yet.

But in case you haven't noticed, we speak to ourselves everyday, and you may not even be aware of the affirmations (positive or negative) that you're currently saying to yourself. By writing down only positive ones that serve your goal, you will gradually start to notice a difference in your thinking and actions.

Setting Goals using The SMARTEST Method

Your Positive Affirmations

Now, you're going to develop your list of Positive Affirmations, which will serve you as you work towards your outcome. You can develop these PA's from your empowering beliefs and their supports, from your list of personal achievements, and anywhere else in your answers so far;

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I am……………………………………………………………………………………………………

I am……………………………………………………………………………………………………

I am……………………………………………………………………………………………………

I am……………………………………………………………………………………………………

I can..

I can.. ....

I can.. ....

I can.. ....

I can..

I have...

I have...

I have...

I have...

I have...

I do...

I do..

I do...

I do...

I do……………………………………………………………………………………………………