

Affirmation Creation

Worksheet

BY: TRINITY WAVE

AFFIRMATIONS

Affirmations are positive statements that affirm your path, and by thinking or speaking them, one reinforces the power of these words into one's life through the mind, body, and spirit connection.

PART 1 - GAINING CLARITY

(on what you want)

1. What are the 2 MOST things you are interested in working on during this course - (Circle 2)

- Increasing Self Love
- Increasing Self Confidence
- Cultivating a Healthy Body
- Increasing my Strength
- Increasing my Stamina
- Becoming a better dancer
- Finding my purpose
- Achieving my life goals
- Attracting love into my life

Now fill in the blank (write this down)

2. Starting with most attractive goal first, then doing this again for second most attractive goal.

a. I am most interested in cultivating _____ (most attractive goal) _____ during this course because _____ . (Be honest with yourself).

b. I am most interested in cultivating _____ second most attractive goal) _____ during this course because _____ . (Be honest with yourself).

3. Write down one positive Feeling associated with achieving each of these goals

1. _____
2. _____

4. Write down one negative feeling associated with not having each of these in your life currently.

1. _____
2. _____

Part 2: Action and Result Statements

Once you achieve this goal, this could open up doors for you in your life that you both dreamed of and some maybe that you didn't even realize for yourself. This may take some time to think about for each one, so be patient.

Once again, ask yourself this Question and close your eyes to see what arises, without judgement.

how could this positively affect your life (what opportunities or dreams could open up for you)? Do this for both the answers you circled in Question 1.

Example. Once I _____ (insert answer for Question 1:) _____, I can/could _____ (resulting opportunity or dream come true) _____ which I've always wanted to do.

a.) Once I _____, I can/could _____
which I've always wanted to do.

b.) Once I _____, I can/could _____
which I've always wanted to do.

6. Read and repeat out loud both of what you wrote down for three times. then immediately close the eyes, and see what thoughts or feeling come up for you.

Now take a moment to write down any thoughts, feelings, or key words popping up for you

Part 3: Bite Sized Affirmations

We can raise our vibration to meet our goals through affirming our desired outcome is happening, or has already come to pass. We can do this through "I AM" statements.

1. Write, "I AM the desired emotion you feel when you think about achieving your goals."
(Answers to #3, pt1)

a.) I AM _____.

b.) I AM _____.

2. Write "I AM desired action around achieving goals." (Answers to Question #1, pt. 1)

a.) I AM _____.

b.) I AM _____.

3. Write "I AM the opportunities or dreams could open up for you." (The result statements of PART 2)

a.) I AM _____.

b.) I AM _____.

Now arrange these into a list that you can write down and put them in a place so you can see them daily.

When you find yourself in times when yourself in times hardship, no matter what they may be start saying your affirmations. If a negative thought comes up about how you look or feel, start internally saying your affirmations to yourself.

Your affirmations are like the jewels you walk with on your path to victory. Hold them close, don't be afraid to pull them out of your pocket and use them.

Love and Light to you on your Path.