



## **AWESOME AFFIRMATIONS**

*“Reality is a projection of your thoughts or the things you habitually think about.”*

**Stephen Richards**

*“Consciously choose what you want, and get your subconscious to join in the program through awesome affirmations.”*

**Jenn Walker**

Whether we think we can or cannot, we are right!!! The brain will subconsciously support whatever we **believe** and our results will be a **reflection** of that belief.

**Sooooo, what results do you want?**

**What beliefs do you choose?**

Try this for 30 days and you'll see the affect of awesome affirmations! This is the Game-Changer!!

Google “Affirmations” for any area you want improvements (health, confidence, clarity, money, purpose, more clients, conscious creator, etc.) in and pluck some out that you like, and write them down.

To help, below is the structure of a kick-ass affirmation, and some examples:

### **3 Elements For Totally Awesome Affirmations:**

1) Write those puppies in the **PRESENT TENSE** not in the future. This is an acknowledgement that everything is created first in the inner world before it is expressed in the outer world. *E.g.) “I have created an amazing business that I love.” and not “I will create an amazing business that I love.”*

2) **The mind is literal AF!** Write what you **DO WANT** vs. not what you don't want. Whatever we focus on expands. Focus on the desired positive result. *E.g.) “I now crush out my goals.” vs. “I no longer procrastinate.”*

3) **The shorter and the more emotion the better!!** Make them “cheeky” and “juicy”. Use language you looooooove. Elicit emotion with your affirmations, because emotion gets the energy in motion!

# Dive Heart First

## COACHING

Here are some of the Shakti Gawain affirmations from her book “Creative Visualization”:

- Every day in every way I'm getting better and better.
- Everything I need is coming to me easily and effortlessly
- My life is blossoming in total perfection
- I have everything I need to enjoy my here and now
- I am a master of my life.
- Everything I need is already within me.
- Perfect wisdom is in my heart
- I am whole and complete in myself
- I love and appreciate myself just as I am.
- I accept all my feelings as part of me.
- I love to love and be loved
- The more I love myself, the more love I have to give others.
- I now give and receive love freely
- I am now attracting loving, satisfying relationships into my life.
- My relationship with \_\_\_\_\_ is growing happier and more fulfilling every day.
- I now have a satisfying, well-paying job.
- I love doing my work, and I am richly rewarded, creatively and financially.
- I am an open channel of creative energy.
- I am dynamically self-expressive
- I enjoy relaxing and having fun.
- I communicate clearly and effectively.
- I now have enough time, energy, wisdom and money to accomplish all my desires.
- I am always in the right place at the right time, successfully engaged in the right activity.
- It's okay for me to have everything I want!
- This is an abundant universe and there's plenty for all of us.
- Abundance is my natural state of being.
- Every day I am growing more financially prosperous.
- The more I have, the more I have to give.
- The more I give, the more I receive, and the happier I feel.
- It's okay for me to have fun and enjoy myself, and I do!
- I am relaxed and centered. I have plenty of time for everything.
- I am now enjoying everything I do. I feel happy just being alive.
- I am healthy and beautiful!
- I am open to receiving all the blessings of this abundant universe!
- \_\_\_\_\_ is coming to me, easily and effortlessly.
- I have a wonderful job with wonderful pay.
- I do a wonderful service in a wonderful way.
- The light within me is creating miracles in my life here and now.
- All things are now working together for good in my life.

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## COACHING

- I am now attuned to my higher purpose in life.
- I now recognize, accept, and follow the creative and divine plan of my life as it is revealed to me step by step.
- I give thanks now for my life of health, happiness, and self-expression.

Some of my personal favourites:

- I love every day that I work.
- I have my dream job.
- My career brings me closer to my family.
- My job brings me financial abundance.
- My clients appreciate and value my work.
- I attract new clients every day.
- I radiate love and others reflect love back to me.
- I am loving and lovable.
- I am badass.
- I am a winner.
- I am deserving.
- I am safe to be successful past my wildest dreams.
- I am a master of my life.
- My romantic relationship is awesome and full of love.
- My partner is kind, compassionate and understanding.
- My partner is very physically and spiritually attracted to me.
- I am with my soul mate and we share a life full of love.
- Life is full of love and I find it everywhere I go.
- My relationship is divine, and my partner and I are perfectly matched.
- I wake up happy and excited every single day.
- Each day of my life is filled with joy and love.
- I am enthusiastic about every second of my life.
- Everything I do is fun, healthy and exciting.
- I am a beacon of love and compassion.
- Everyone sees how much joy and love I have for life.
- I crave new, healthy experiences.
- All of my relationships are positive and filled with love and compassion.
- I see others as good people who are trying their best.
- I find opportunities to be kind and caring everywhere I look.
- Money flows to me easily and effortlessly.
- The World is Abundant.
- Everything I touch turns to gold.

# Dive Heart First

## COACHING

- I am happy, healthy, wealthy and wonderfully wise.
  - My gifts, talents and strengths are making a difference.
- Write down some of your favourite-feel-good-go-to affirmations below. This will support your daily writing in the **BEING AWESOME DAILY JOURNAL**

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