

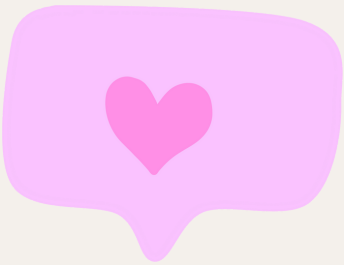
5 P's of Affirmations



PRESENT

Your affirmation is a declaration of your present experience, not something you hope for in the future.

1



2

PERSONAL

Allow your affirmation to speak to you directly, shifting beliefs you hold. Use words that invoke positive feelings for you.

PRACTICAL

Make your affirmation short and sweet... Something that you can easily remember and use throughout your day.

3



4

POSITIVE

Always affirm what you do want, not what you don't want. "I am peace" vs. "I am not too busy".

PRECISE

Don't wish, want, or hope for your affirmation. Rather, clearly state what you are affirming.

5