



ONLINE TOOLKIT

THE POWER OF AFFIRMATIONS

Affirmations are very powerful if utilized correctly. I have found that by writing them down, pen to paper, and then listening to them daily after you've recorded them in your own voice works wonders. Follow the instructions below and see how it works for you.

STEP 1

WRITE DOWN 10-15 AFFIRMATIONS FOR THE DIFFERENT AREAS OF YOUR LIFE.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15

STEP 2

RECORD EACH AFFIRMATION ON YOUR PHONE OR RECORDING DEVICE AND SAVE AS AN AUDIO FILE.

STEP 3

LOOK FOR UPLIFTING INSTRUMENTAL MUSIC TO INCLUDE AS BACKGROUND MUSIC FOR YOUR AFFIRMATIONS.

STEP 4

USE AUDIO OR VIDEO MAKING SOFTWARE TO COMBINE THE MUSIC FILE WITH YOUR NARRATION FILE AND SAVE AS ONE AUDIO FILE.

STEP 5

LISTEN TO YOUR AFFIRMATIONS AUDIO FILE DAILY PREFERABLE IN THE MORNING WHILE STILL IN BED FOR AT LEAST 6 WEEKS.

STEP 6

TRACK THAT YOU ARE LISTENING DAILY FOR 42 DAYS (6 WEEKS) AND THEN JOURNAL WHAT HAS HAPPENED IN YOUR LIFE DURING THAT TIME.

ENJOY!