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Affirmation Statements

Are your beliefs empowering you or holding you back?

Make a list of both. Write down as many beliefs as you can think of that you have that empower you along your journey as well as many as you can think of that limit you or discourage you.

Then, circle the 3 in each category that are the most impactful.

For the 3 most impactful LIMITING beliefs, rewrite a POSITIVE affirmation statement to replace the limiting belief and add them to your empowering belief list.

Repeat the new positive statement 10 times to yourself – preferably in a mirror looking at yourself (but if this too much for now then build up to that).

You can use the 4 P's Formula to write your new affirmations.

1. Personal (I, Me statements)
2. Passion (put emotion into it)
3. Present (as if it's already happening, not future – no I will, use I am etc...)
4. Positive (avoid words like "not" or "don't" "can't")

Empowering Beliefs

Limiting Beliefs

Limiting Belief 1: _____

Positive Affirmation: _____

Limiting Belief 2: _____

Positive Affirmation: _____

Limiting Belief 3: _____

Positive Affirmation: _____

Practice your positive list morning and evening – consistency is the key to change!

Affirmations are part of the How to Live a Happier Life audio programme, included in your membership. If you haven't started it yet then head over there now.

