

Recap

WRITING AFFIRMATIONS

- An affirmations are written or spoken POSITIVE STATEMENTS that rewire your thoughts & beliefs when paired with patience & practice.
- They help you when you are facing negativity. Through repetition & consistency you can change the very neuropathways in your brain that are associated with negative emotions, thoughts, and responses.
- Neuroplasticity is the ability of our brains to change & adapt. This is the term for the process that shifts your thinking when using affirmations.

"[Affirmations] shift our minds in ways that will make us feel better about ourselves and our lives."

TCHIKI DAVIS PHD

"It's the repetition of affirmations that leads to belief. And once that belief becomes a deep conviction, things begin to happen."

MUHAMMAD ALI

HOW TO WRITE AN AFFIRMATION:

1. **Start with a topic**, such as: your career, your health/fitness, your family life, your social life, or your financial wellbeing.
2. **Write a statement** that is positive, in the 1st person, present tense, & make it short, specific & believable.
3. **Avoid negative words** like: no, don't & won't. These negative statement [I don't want...] confuse the brain & accidentally reinforce negative thoughts.
4. **Repeat & repeat**. Once you have your affirmation written, you must practice & repeat the statement(s) over & over for results. It is the repetitive nature of affirmations that make them work.
5. **Do it with passion & flare!** Repeat your statements in front of the mirror and/or in your journal with your favorite color pen. Use hand movements & anything that will help you remember the statement & really drive-home the new belief in your brain.

EXAMPLES:

• I am enough!	• I am a priority!
• Money comes to me easily & often!	• I love to move my body!
• I am a rock star in my career!	• I know my worth!
• I am proud of myself!	• I am strong & confident!
• I make healthy choices!	• My boundaries are respected!

REWRITING YOUR STORY:

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