



- CREATING - AFFIRMATIONS



6-FIGURE BIZ
ACADEMY
FOR NUTRITION PROFESSIONALS



CREATING AFFIRMATIONS

Affirmations are one of the best tools to combat negative or limiting beliefs.

Because they're so sneaky, these self-sabotaging thoughts can have a stronghold on us. One way to change these beliefs is to affirm the opposite – by creating an affirmation that you look at, read, and ponder every day.

An affirmation is a positive, present tense statement that supports a point of view that is based in abundance (well-being, creativity, love, generosity, trust, faith, etc.).

And note, when you create an affirmation that is self-supportive in this way, it's natural for another part of you, that cynical voice inside to say “Oh yeah, right” or “This is just B.S.” And that's OK – this is just the voice of your Inner Critic.

But the bottom line is that **we create our own reality! So the more we read, ponder, and choose to believe our affirmations, the more they do come true!**

Sample Affirmations:

I trust that I am meant to do this magical work, and I embrace the abundant income that comes with it!

I gratefully share my gifts and talents with the world, and trust that I am right where I am supposed to be.

Each day provides a glorious opportunity for learning and growth, and I allow things to unfold for the highest good.

People are willing to pay me generously for doing what I love every day.



Now let's have you create one!

