

Affirmations Play Sheet

1) Draw a line down the center of a piece of paper.

Write your affirmation in the left column.

Example: I DESERVE TO BE WEALTHY

2) In the right hand column write down the first thing that comes up for you.

Example:

- Yes - you are in agreement and congruent with this belief.
- No - I don't believe that
- Other thoughts or beliefs

3) Keep writing the affirmation a few more times and let the thoughts and beliefs come up and write them down on the right column.

For negative beliefs: Rework them to make them counter statements that you actually believe.

Example: I don't know how to manage wealth.

Counter beliefs examples:

- I have been able to manage my house payments.
- I know what I need to do differently to be able to manage my wealth.
- I am learning how to manage wealth.

It is important that you actually believe the counter belief.