



## *5 Steps to Creating Positive Affirmations*

Positive affirmations are an important part of any happy person's life. Some do it less formally than others, but a positive affirmation is simply an externalized appreciation for life. By saying them out loud and repeating them, positive affirmations improve your physical energy levels, boost mood and improve overall satisfaction. It takes a minimum of 3 weeks to get a habit started. I have provided 7 days of affirmations for you and the tools for you to create your own. I hope this will motivate you to keep up the habit of taking a short moment each day to feel good, open up your energy, and feel grateful for all you do have in your life. There is a simple process to creating your own affirmations.

First you have to create them:

1. Get a pen and paper and then move into a quiet environment, where you can hear your thoughts. Close your eyes for a moment.
2. Notice the thoughts coming into your mind, but do not judge them.
3. "Take Stock" of all the good things in your life -- all things that you are thankful for-- picture them if you can. Write these things down.
4. Form them into phrases that you can easily remember and repeat when necessary. A template that I used until I got the hang of writing my own affirmations:

I am so thankful for \_\_\_\_\_ because it allows \_\_\_\_\_ in my life.

God (or the Universe) always supplies me with \_\_\_\_\_ when I need it.

5. Write your affirmations down in a small book that you can have readily available for when you need a dose of positive medicine. It really helps to take the time to feel great about all of the abundance you do have in your own life. Appreciation goes a long way to creating happiness and joy.

### Seven Days of Positive Affirmations

Day 1 I am completely responsible for my own life and the results that I get out of it.

Day 2 I deserve health, wealth and happiness simply because I AM.

Day 3 With every deep breath, I cast out negative, stale energy and breathe in positive, beautiful energy.

Day 4 I live abundantly with bliss and joy.

Day 5 God (the Universe, the Divine Creator) does not make mistakes, and I am part of this, therefore I do not make mistakes. I learn every lesson, as I need to learn it, should I choose to learn from it.

Day 6 My life is completely perfect in this moment and I cherish every aspect of it every day.

Day 7 The universe is always conspiring for my greatest good.

*Kimberly Englot is an Authentic Life coach, the founder of Authentic Self and the creator of the Life Cleanse Mastermind.*

*Kimberly works with women who want to eliminate the negative energy blocks in life. In 12 months or less she guides her clients to more health, wealth and happiness. Learn how do that with the brand new Master Life Cleanse Action Guide, or participate in the Master Life Cleanse Program. For more information check out Kimberly's website [www.kimberlyenglot.com](http://www.kimberlyenglot.com), or email her at [Kimberly@kimberlyenglot.com](mailto:Kimberly@kimberlyenglot.com).*