

DivaTude Workshop Exercise 4 ***Write your positive affirmations***

If you repeat the affirmation over and over in your mind and out loud so what you say will happen. You will start to believe it and watch it come forth. Words have power so use them to empower yourself!

There are 3 things to keep in mind when you create an affirmation:

1. It must be a positive statement.
2. It must be made in the present tense.
3. You must feel the affirmation is possible.

Take the top 5 things from your list of things you like about yourself and write 5 affirmations to repeat to yourself daily. Or think about a negative behavior you want to change and write an affirmation to delete it from your mind.

Examples:

I love and value myself at all times.

I am taking the steps to lose weight.

I am a loved and appreciated.

1. _____

2. _____

3. _____

4. _____

5. _____

Look at yourself in the mirror each morning and repeat your affirmations out loud to yourself. You'll be amazed at how they work!