

dr. erin

PSYCHOLOGY
OF MISSION

Guidelines for creating powerful AFFIRMATIONS:

Use the **present tense** (“I am”)

Has to be somewhat **believable** (not complete BS)

You will find that your belief will grow over time and with practice. You should start at a place that is believable and create stronger affirmations over time.

State them in a **positive way** (focus on what you want, not what you don't want)

Include a **positive feeling or word** to generate positive emotions while declaring them.

ex. “I am so happy to be learning to accept myself more”.

Use **intentions** if you need to increase believability.

ex. “I intend to earn \$5,000 or more a month and I am on my way to earning \$5,000 or more a month.”

Now let's practice!

Ex. _____

Ex. _____

Ex. _____