

# Create your Affirmation!

Be as specific as you can as you answer the questions below. You are only coming up with ideas at this point, then you will select from the words your heart generated to create your affirmation.

## What is your goal/desire?

My goal/desire is: \_\_\_\_\_

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## Why is this goal/desire important to you?

My goal/desire is important because: \_\_\_\_\_

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## How will you achieve your goal/desire?

To achieve my goal/desire I need to: \_\_\_\_\_

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## What feelings will you have after you achieve your goal/desire?

Think about achieving my outcome generates strong feelings of: \_\_\_\_\_

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### Write your affirmation.

Your affirmation should be no more than 2 sentences.

I am committed to (goal/desire) because I (why), and to bring about my (goal/desire) I will (how). This feeling of (feelings) is overwhelming as I visualize myself (goal/desire).

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