

Affirmation Builder

Use this tool to build your very own affirmation, unique to you!

START
HERE

What is a specific challenge you are going through?

Consider something that has been going through your mind a lot. Just let your mind flow and write down what comes up. Then pick the specific challenge you want to focus on.

write your answer below:

What is the specific belief you have about yourself in the challenge?

What do you believe about this challenge and yourself?

write your answer below:

When do you hear it come up the most?

write your answer below:

What is a positive thought that could overwrite the negative one?

What is the countering affirmation that could help you in this situation?

write your answer below:

Is it best as an Affirmation or Afformation?

Once you have your positive affirmation, decide if it will be strongest for you as a statement or question - as an Affirmation or Afformation.

AFFIRMATION AFFORMATION

Choose how you say it to yourself.

Choose if you phrase it 'I', 'you' or 'your name'.
Phrasing it in the third person can make the statement more personal and stronger too!

I YOU NAME:

Use this space to brainstorm
your affirmation/affirmation:

PLACE YOUR AFFIRMATION
(OR AFFIRMATION) HERE!

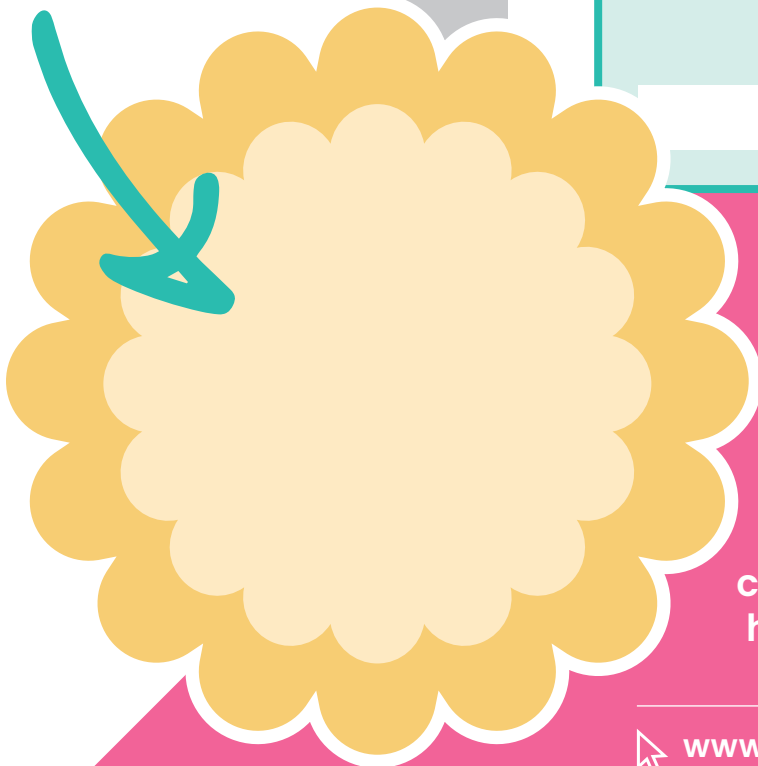
Where, how and when will you say it?

Where do you want this to pop up for you? Is it something you have next to your bathroom mirror? Do you want it as your phone background? Will you say it first thing in the morning? On your way to work?

where:

how:

when:



Next Steps

Click here to turn your new affirmation into a designed phone wallpaper!

Want to dive deeper into the challenge you are looking at? Click here to book a Free Discovery Call!

www.theplacetobecoaching.com

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