



# creating powerful affirmations

## creative dreamer worksheet

note: this worksheet refers to ideas presented in this blog post:

<http://www.abccreativity.com/2010/02/14/creating-dreams-come-true-working-with-affirmations/>

to start, write out what you want to affirm. to be clear and effective, each affirmation is about only one thing, so be very specific here. you can write as many affirmations as you like (the more the better!) but let's do them one at a time.

i want:

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then go through each section, and check to see if your statement is in alignment with that aspect of creating powerful affirmations. if your statement is not in alignment with any of the ideas presented, re-write it. if your statement is already in alignment with that aspect, carry on to the next one.

**first-person statement:** find a way to write what you want in the first-person, ie: begin with "i" statements. remember that we can't use affirmations to change other people.

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**positive statement:** find a way to write what you want using only positive words, ie: don't write what you don't want, write what you do want.

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**present statement:** find a way to write what you want where you already have, right here in the present. ie: do not use “i want” or “i will have”, use “i am” or “i have”.

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**feels true:** find a way to write what you want where it feels true and right for you. ie: if you have no money in your bank account, writing “i have \$1, 000, 000 in the bank” may not feel true and right for you. to do this you may want to re-write what it is ie: “i know that abundance flows to me” or you can change it to something like “i now accept” or “i am open to” ie: “i know accept \$1, 000, 000 into my bank account.”

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**feels powerful:** find a way to write what you want where it feels powerful, inspiring, exciting and possible for you. going back to the lat example, how does the idea of \$1, 000, 000 in your bank account really feel for you? depending on where you are, it may feel powerful or it may be discouraging because a part of you does not believe you can have that much money, or it may feel boring if you have more than that in your bank account right now.

in this part we want to find that perfect balance of something that feels possible *and* exciting. reading your affirmation should give you a shot of positive energy.

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and there you are with a powerful, personalized affirmation.

