Heal*Thrive*Dream

A Mother Daughter Company

I Am.....

Affirmation Journal

By: Karen Robinson

WWW.HEALTHRIVEDREAM.COM

An affirmation is the process of affirming something. It's asserting that something exists or is true. When you nod to indicate something is right, that's an affirmation. When you acknowledge that something is true, it's an affirmation. But it's more than just acknowledging that it's true, it's stating it with confidence and believing it.

Using affirmations is a powerful thing. It can be used to program or reprogram your mindset. When practiced deliberately and repeatedly it can strengthen the connection between your conscious and subconscious mind. If done correctly, it can change your life.

When practicing affirmations, it's best to focus on just one or two at a time. Do this for several weeks. Once the thought is firmly planted in your mind, you can pick one or two more to focus on.

Using a journal can help solidify the affirmations in your mind. By writing the affirmations down while saying them out loud and with confidence, you are working two separate parts of the brain and therefore giving the affirmation twice the power.

To ensure you're making the most of your affirmation journaling efforts:

- Write in your journal every day. Even if it's only a few sentences, take a few minutes each morning or evening and write something about the affirmation you're focusing on.
- Focus on the positive, rather the negative. Instead of saying "I can lose weight", say "I can become healthier"
- Be sure to start each entry with "I" and use present tense. "I am strong", "I can eat healthy foods" and "I will smoke fewer cigarettes today".
- Speak the affirmation out loud and with confidence several times a day and before you go to bed. The more you say it, the faster it will take hold.
- If the affirmation is to broad or doesn't quite match what you're seeking, break it down. For example, if you are trying to affirm that you're a happy person but you really don't feel like you are, start with something smaller – I'm getting better at ____ which is making me happier.
- It's okay to have broad affirmations. "I am in charge of my life" and "I choose to be happy right now" are great affirmations for anyone.
- Consider the negative thoughts, perceptions and actions you want to change. Think about the positive outcome of changing them. Prioritize these so you know which are the most urgent so you can work on those first.

The following pages can be printed as your first affirmation journal. It contains 10 prompts to get you started along with some quotes to keep you motivated. There is no right or wrong way to journal your affirmations. The repetitive practice while saying it with confidence and surety is where the power lies.

I Am in Charge of My Life

You have to win in your mind before you win in your life. ~ John Addison

You have to win in your mind before you win in your life. ~ John Addison

You have to win in your mind before you win in your life. ~ John Addison

I Am Improving My Life by Eliminating the Drama within It

You have to win in your mind before you win in your life. ~ John Addison

You have to win in your mind before you win in your life. ~ John Addison

You have to win in your mind before you win in your life. ~ John Addison

I Choose to Be Happy Today

You have to win in your mind before you win in your life. ~ John Addison

You have to win in your mind before you win in your life. ~ John Addison

You have to win in your mind before you win in your life. ~ John Addison

I Am Strong in Mind, Body & Spirit

You have to win in your mind before you win in your life. ~ John Addison

You have to win in your mind before you win in your life. ~ John Addison

You have to win in your mind before you win in your life. ~ John Addison

I Have Unlimited Potential

You have to win in your mind before you win in your life. ~ John Addison

You have to win in your mind before you win in your life. ~ John Addison

You have to win in your mind before you win in your life. ~ John Addison

I Will Create the Life I Desire

You have to win in your mind before you win in your life. ~ John Addison

You have to win in your mind before you win in your life. ~ John Addison

You have to win in your mind before you win in your life. ~ John Addison

I Have Everything I Need to Make Today Great

You have to win in your mind before you win in your life. ~ John Addison

You have to win in your mind before you win in your life. ~ John Addison

You have to win in your mind before you win in your life. ~ John Addison

I Am a Product of My Decisions, Not My Circumstances

You have to win in your mind before you win in your life. ~ John Addison

You have to win in your mind before you win in your life. ~ John Addison

You have to win in your mind before you win in your life. ~ John Addison

I Am Grateful for This Moment and Find Joy in It

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You have to win in your mind before you win in your life. ~ John Addison

You have to win in your mind before you win in your life. ~ John Addison

“Love is the great miracle cure. Loving ourselves works miracles in our lives.” ~ Louise L. Hay

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You have to win in your mind before you win in your life. ~ John Addison

“I do not fix problems or people. I fix my thinking. Then, the problems fix themselves.”

You have to win in your mind before you win in your life. ~ John Addison

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“Constant repetition carries conviction.” ~ Robert Collier

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“You've been criticizing yourself for years and it hasn't worked. Try approving of yourself and see what happens.”
~ Louise L. Hay

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“You must begin to think of yourself as becoming the person you want to be.” ~ David Viscott

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“How you start your day is how you live your day. How you live your day is how you live your life.” ~ Louise L. Hay

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“We don't see things as they are; we see them as we are.” ~ Anais Nin

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“Persons are judged to be great because of the positive qualities they possess, not because of the absence of faults.”
~ John F. Kennedy

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“You are the only person who thinks in your mind! You are the power and authority in your world.” ~ Louise L. Hay

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“It's the repetition of affirmations that leads to belief. Once that belief becomes a deep conviction, things begin to happen.” ~ Muhammad Ali

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“Laughter is a powerful way to tap positive emotions.” ~ Norman Cousins

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“There would be nothing to frighten you if you refused to be afraid.” ~ Mahatma Gandhi

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“Every action and feeling is preceded by a thought.” ~ James Allen

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You have to win in your mind before you win in your life. ~ John Addison

You have to win in your mind before you win in your life. ~ John Addison

“You've got to win in your mind before you win in your life.” ~ John Addison

You have to win in your mind before you win in your life. ~ John Addison

You have to win in your mind before you win in your life. ~ John Addison

You have to win in your mind before you win in your life. ~ John Addison

“An affirmation opens the door. It's a beginning point on the path to change.” ~ Louise L. Hay

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“Any idea, plan, or purpose may be placed in the mind through repetition of thought.” ~ Napoleon Hill

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“I let that negativity roll off me like water off a duck's back. If it's not positive, I didn't hear it. If you can overcome that, fights are easy.” ~ George Foreman

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“People are not disturbed by things, but by the view that they take those things.” ~ Epictetus

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HUGS AND MORE HUGS

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Contact Information

Phone: (+1 (804) 681-1000
Email: healthrivedream@gmail.com
Website: healthrivedream.com

Facebook:
facebook.com/healthrivedream

Instagram:
www.instagram.com/healthrivedream_

Twitter
twitter.com/healthrivedream

LinkedIn:
linkedin.com/in/karen-robinson-1277a22b/

Address:
Alexandria, VA 22309

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Questions?

Please contact me at healthrivedream@gmail.com. I am available to answer questions 8-5 pm EST Monday through Friday.

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Karen Robinson

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