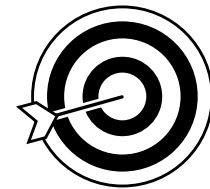


# Affirmations Worksheet



**Identify:** What is the thing/outcome that you wish to manifest? Be as specific as possible.

Notes:



**Prepare:** List down 2-3 positive affirmations that you can truly resonate with. Choose wisely.

1. \_\_\_\_\_

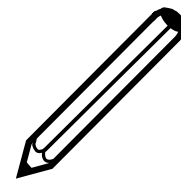
2. \_\_\_\_\_

3. \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



**Manifest:** Ask the Universe. Recite the affirmations you have listed daily, twice per day. Imagine you already own it.