

Creating a Personal Affirmation

Personal Affirmation Example

1. Select the top three to five limiting factors or wrongs from your beliefs and traits analysis.
2. For each factor, write a statement that addresses the factor using words from the right-hand columns in your beliefs and traits analysis. For example:

Limiting Factors or Wrongs of You	Statements
Who do you think you are to even dream of accomplishing anything great?	I set goals and reasonable timelines to accomplish what I dream about.
I'm not good enough.	I am more than good enough when I use my gifts and talents.
Process is not important.	I recognize that having a clearly laid out plan and activating that plan, leads to accomplishment.
Focus is not important.	Focus and present time consciousness are keys to living an extraordinary LIFE.
I prefer to be flexible and fly by the seat of my pants.	The more I live my plan, the more flexibility I create for my life.

3. Create your personal affirmation. Combine words and phrases in your statements above to create one (or multiple) affirmation(s) that will guide you.

Your Personal Affirmation
I set goals and reasonable timelines to accomplish my plan, by being focused at using my gifts and talents, creating an exceptional life.

Continue to the next page...

Beliefs and Traits Worksheet

Instructions

Answer the following questions by writing your responses in the appropriate column below.

1. What beliefs/traits do you recognize as limiting your success?
2. What beliefs/traits are enhancing your ability to live the life you want?

Examples

Beliefs/Traits that Limit Your Success	Beliefs/Traits that Enhance Your Life
• Who do you think you are to even dream of accomplishing anything great? • I'm not good enough • Process is not important • Focus is not important • I prefer to be flexible and fly by the seat of my pants	• I'm smart • I'm a great adjuster • I genuinely care about people • I want to impact humanity • I'm a great writer • I'm social • I can easily meet new people and be interesting and interested

Write Your Answers Here

Beliefs/Traits that Limit Your Success	Beliefs/Traits that Enhance Your Life

Continue to the next page...

What's Wrong/Right With You?

Instructions

Answer the following questions by writing your responses in the appropriate column below.

1. What do you see that is wrong with you?
2. What do you see that is right with you?

Examples

The Wrongs of You	The Rights of You
• Just not focused and not committing time to	• I'm smart and I can do this if I dedicate the time what I know would help me and energy.

Write Your Answers Here

Beliefs/Traits that Limit Your Success	Beliefs/Traits that Enhance Your Life

Continue to the next page...

Personal Affirmation

Develop your personal affirmation(s) here.

Limiting Factors or Wrong of You	Statements

Write Your Answers Here

Your Personal Affirmation