



## 2. POSITIVE AFFIRMATIONS

Motivational author Louis Hay teaches us, “An affirmation is really anything you say or think. A lot of what we normally say and think is quite negative and doesn’t create good experiences for us. We have to retrain our thinking and speaking into positive patterns if we want to change our lives.”

Review the thoughts written above. Do you detect any “negative affirmations?” Are there thoughts you’re having about yourself or your life that are creating negative experiences for you? If so, use the space below to write down the negative thought, then replace it with a positive affirmation.

NEGATIVE THOUGHT: \_\_\_\_\_

\_\_\_\_\_

POSITIVE AFFIRMATION: \_\_\_\_\_

\_\_\_\_\_

NEGATIVE THOUGHT: \_\_\_\_\_

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POSITIVE AFFIRMATION: \_\_\_\_\_

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NEGATIVE THOUGHT: \_\_\_\_\_

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POSITIVE AFFIRMATION: \_\_\_\_\_

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NEGATIVE THOUGHT: \_\_\_\_\_

\_\_\_\_\_

POSITIVE AFFIRMATION: \_\_\_\_\_

\_\_\_\_\_



### 3. APPLICATION

The easiest way to integrate positive affirmations into your life is to do them while doing some of your regular daily activities. As a result, you won't have to make time to say them because they become associated with an activity that you already do. Yay! Repeat them as often as you can. In the shower, while brushing teeth, in your car, as you put on make-up or do your hair. A good place to start is with, *I accept myself* or *I am enough. Everything is as it should be.* And further from there. Sing them, write them, say them. They will begin to change your life.

XOXO,

Whole Heart Magic Team.

