



MY AFFIRMATIONS

Remember to write your affirmations in the present tense – as if the goal is already a reality. So begin each sentence with “I am”, “I have”, “I live in”, “I do”, etc.

AREA	GOALS	AFFIRMATIONS
Family	1. _____ 2. _____	1. _____ 2. _____
Home	1. _____ 2. _____	1. _____ 2. _____
Business / Career	1. _____ 2. _____	1. _____ 2. _____
Hobbies / Interests	1. _____ 2. _____	1. _____ 2. _____
Finance	1. _____ 2. _____	1. _____ 2. _____
Travel	1. _____ 2. _____	1. _____ 2. _____
Significant Other	1. _____ 2. _____	1. _____ 2. _____
Giving Back	1. _____ 2. _____	1. _____ 2. _____
Other	1. _____ 2. _____	1. _____ 2. _____