

Affirmations for Beginners - Mini cheat sheet

When it comes to affirmations, stating things that you don't truly believe is a waste of time. Affirmations will only be effective when you can say them with emotion and belief, and sometimes that can be near impossible when there are obvious reminders in your day-to-day life to show you just how far away you are from the truth as you state your affirmations. So, if you aren't yet feeling able to stand behind the affirmations that your future self would make, here are a couple of hacks.

Instead of saying "I am ___", you can use one of these modifiers to make your affirmations feel more congruent with where you are currently at:

I am learning how to ___

I am going to become ___

I desire to _____

I am creating (the experience of) _____

Just for today I _____

Or even the UBER truthful version:

I don't know how to _____

and that's okay because I can and will learn