



*Free...yet priceless,
Tools for change*

Affirmation Creation Worksheet

A key to successful manifestation is the formulation of a clear, concise affirmation which will “speak to and work with” your subconscious self. (To read a full article on this visit Armand's Blog - <http://armandsagredo.com/?p=162> for the Affirmation article). The following worksheet will guide you through the process of creating a reality shifting “resolve” (aka affirmation)! So get ready to make some changes in your world.

1) Start with writing down your overall intention:

2) Select your core focus. Remember your affirmation should be clear and concise (don't try to fit 3 goals into 1 statement.) E.g. if you are manifesting a career change, then your focus is on a “fulfilling new job”, leave out the list of job needs such as great boss, fulfilling tasks, fun colleagues as it is all summed up in the word “fulfilling”.

My core focus is: _____

2) Rephrase your statement to start with “I” or “My...” to make it personal, while removing any negative language, such as “I am not” or “I won't”. Your affirmation should only contain positive connotations. E.g. “I am not sick.” – *reworded* - “My physical body is balanced and in radiant health.” “I am not scared of my boss.” - *reworded* – “I am courageous and always stand up for myself.”

(...Almost done!)

3) Rework (if necessary) to ensure the statement is in the present tense.

E.g. remove “I will...” and replace with “I am, I savor, I embrace, I create, My Body is, My mind is, My heart is”

4) Polish up - trim the statement into 1 clean sentence. E.g. of a finished affirmation:

“I am a magnet for prosperity & financial flow”

That's it! Congratulations!

Now it's time to work with your affirmation. If you are unsure where to begin or what method to use check out Armand's Yoga Nidra under the Meditation Library.



As part of our ongoing commitment to you and your journey of self discovery, and the unleashing of the goddess within we have created a series of free tools to help you on your way which we found to be highly effective.