

## How to Create an Affirmation

### Step 1

State what you want in a positive way

### Step 2

State it in a present tense

### Step 3

State it with gratitude

### Examples:

#### Bad Affirmation

*"I am never going to eat snacks again"*

#### Good Affirmation

*"I am grateful now that I am living a snack free life"*

### Now Create Your Own

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*Repeat twice a day, once as you wake up and one before going to bed*