Affirmation Exercise

- For each statement, put an x in the columns which apply. After answering all the questions, calculate the total count for each column.
- Ideally you want to be 100% in columns **"Yes"** and **"Not first time saying this".**
- **What is causing the gaps in your affirmations?**

No.	Question Can you honestly say to yourself, … ?	Yes	No	Not first time saying this	First time saying this
1	..."I love me"				
2	..."I am enough"				
3	..."I like my own company"				
4	..."I am not holding onto something of which I need to let go"				
5	..."I am not afraid to talk to people"				
6	..."If I were to die tomorrow, I would feel as though I lived a fulfilled life"				
7	..."My actions guided by love not fear"				
8	..."I am living the life I want to be living and in alignment with my purpose"				
9	..."The people surrounding me add value to my life"				
10	..."I am not following the crowd. Instead I am listening to my own heart and intuition"				

	TOTAL				