

AFFIRMATIONS UPGRADE WORKSHEET

WRITE YOUR UNIQUE AFFIRMATIONS

Example: I am an expert in my field. I am more than willing to promote myself. I know my value and self-worth. I am overflowing with creative and profitable ideas.

1. _____
2. _____
3. _____
4. _____
5. _____

UPGRADE TO AFFIRMATIONS

Example: Why am I an expert in my field? Why am I willing to promote myself? Why am I worthy and valuable? I am overflowing with creative and profitable ideas?

1. _____
2. _____
3. _____
4. _____
5. _____

ANSWER YOUR QUESTIONS

Example: I am an expert in my field because I stay on top of new trends. I'm willing to promote myself because I am confident in my abilities and know I have much to offer.

1. _____
2. _____
3. _____
4. _____
5. _____

