

# PERSONALIZED AFFIRMATIONS WORKSHEET

This questionnaire will help you create powerful affirmations to manifest your goals based on who you will become once you've manifested your transformation. Answer each question, then follow the prompts at the end to create your unique, personalized affirmations.

## WHAT DO YOU WANT TO MANIFEST?

**Example:** A high-paying job

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## DISCOVER WHO YOU NEED TO BE

Now, think about the *type of person* who already has this. Chances are they differ from you in some way. You will need to become similar to this person if you'd like to manifest your transformation. These questions prompt you to consider who you need to become, and that will help you craft your perfect affirmations.

### 1. What are the characteristics of someone who has this goal?

**Example:** Has expertise in their field, is willing to promote themselves, knows their value, is confident, has lots to contribute to a company, has creative and profitable ideas etc...

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### 2. What habits does this type of person have?

**Example:** Always finishes what they start, manages time well, follows through on commitments, works well with others, constantly studying trends in their field, etc...

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## CREATE YOUR PERSONALIZED AFFIRMATIONS

Use what you've written in the above sections to create your 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.

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**Tip:** Improve your language if you can. Use power words that uplift and inspire.  
Get creative, and most of all, have fun!

