



Create Positive Affirmations

Positive Affirmations

We hear quite a lot that positive affirmations can really help us to get to a more positive place in our life and create some magical things. From my personal experience, these are helped by believing in what you are saying and not just repeating a mantra without thought or emotion behind it.

Some positive affirmations are:

"I am good enough"

"Life continues to bring me an abundance of good things"

"Good things flow to me"

"I am a magnet to positive energy"

"I love myself"

We can create our own, repeat them daily and work on your goals through this method.

One of my favourite ways to do this is to change all your passwords to positive affirmations. Each day you type it in you remind yourself of the affirmation and ultimately your goal.

For example:

My email password has the word **gratitude** in it.

My bank password has the word **abundance** in it.

Get creative and enjoy a great way of bringing positive affirmations into your life.