

# Affirmation Creation

## Worksheet

BY: TRINITY WAVE

### AFFIRMATIONS

Affirmations are positive statements that affirm your path, and by thinking or speaking them, one reinforces the power of these words into one's life through the mind, body, and spirit connection.

#### PART 1 - GAINING CLARITY (on what you want)

1. What are the 2 aspects you are most interested in working on the future as of this moment?

- Increasing Self Love
- Increasing Self Confidence
- Cultivating a Healthy Body
- Increasing my Strength
- Increasing my Stamina
- Becoming a better dancer
- Finding my purpose
- Achieving my life goals
- Attracting love into my life

Now fill in the blank (write this down)

2. Starting with most attractive goal first, then doing this again for second most attractive goal.

a. I am most intered in cultivating \_(most attractive goal)\_\_\_\_\_ in my life  
because \_\_\_\_\_

b. I am most intered in cultivating \_\_(second most attractive goal)\_\_ in my life  
because \_\_\_\_\_

I am most intered in cultivating \_\_\_\_\_ in my life  
because \_\_\_\_\_

I am most intered in cultivating \_\_\_\_\_ in my life  
because \_\_\_\_\_

3. Write down one positive feeling with achieving each of these desires.

1. \_\_\_\_\_
2. \_\_\_\_\_

## Part 2: Action and Result Statements

Once you achieve this goal, this could open up doors for you in your life that you both dreamed of and some maybe that you didn't even realize for yourself. This may take some time to think about for each one, so be patient.

Once again, ask yourself this Question and close your eyes to see what arises, without judgement.

how could this positively affect your life (what opportunities or dreams could open up for you)? Do this for both the answers you circled in Question 1.

Example. Once I \_\_\_\_\_ (insert answer for Question 1:), I can/could (resulting opportunity or dream come true) \_\_\_\_\_ which I've always wanted to do.

a.) Once I \_\_\_\_\_, I can/could \_\_\_\_\_  
which I've always wanted to do.

b.) Once I \_\_\_\_\_, I can/could \_\_\_\_\_  
which I've always wanted to do.

6. Read and repeat out loud both of what you wrote down for three times. then immediately close the eyes, and see what thoughts or feeling come up for you.

Now take a moment to write down any thoughts, feelings, or key words popping up for you

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We can raise our vibration to meet our goals through affirming our desired outcome is happening, or has already come to pass. We can do this through “IAM” statements.

1. Write, “IAM the desired emotion you feel when you think about achieving your goals.”  
(Answers to #3, pt1)

a.) IAM \_\_\_\_\_.

b.) IAM \_\_\_\_\_.

2. Write “IAM desired action around achieving goals” (Answers to Question #1, pt. 1)

a.) IAM \_\_\_\_\_.

b.) IAM \_\_\_\_\_.

3. Write “IAM the opportunities or dreams could open up for you. (The result statements of PART  
2)

a.) IAM \_\_\_\_\_.

b.) IAM \_\_\_\_\_.

On a separate sheet of paper, arrange a list of at least 5 affirmations (made up of fill in the blank answers), to put in a place where you see daily.

Speak them. Sing Them.  
They Can Be Your Lifesaver.

Love and Light to you on your Path.