

Affirmations Guide Intro page 1



Hi! My name is Jayshree, but I go by the name of **EveryJayLiving**.

I am a mindset + lifestyle balance coach for working women.

I teach women how to increase productivity, boost confidence, and reduce stress to lead a happier lifestyle!

I designed a program to help working women learn how to balance their work + personal life to gain the result of self-love, self-confidence, and proper self-care. Please let me know if you would like to learn more information about my signature program **Calm Mind Full Heart** and work with me!

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What are Affirmations?

- Affirmations are statements that inspire change from within.
- They serve both as motivational statements and reminders to promote more positivity into your life.

Why use Affirmations?

- Affirmations are used to reprogram your subconscious to encourage and motivate you to believe certain things about yourself.
- They help create the reality that you desire for your life.

Formula to Affirmations:

Step 1: Write your affirmations in the first person using "I" or "I am"

- They help you identify and relate to your affirmations.

Step 2: Write your affirmations in a positive statement rather than a negative one.

- Ex: *"I no longer suffer from stomach bloat"* ✗
 - **Instead say:** *"I have a healthy gut and I am bloat free!"* ✓

Step 3: Evoke emotions and feelings

- Express your feelings into your affirmations.
 - Ex: *"I have a close connection with my family"* ✗
 - **Instead say:** *"I feel love and gratitude for my family each and every day"* ✓

Step 4: Write in the Present Tense

- Write your affirmations as if it is already happening
 - Ex: *"In two months from now, I will be happy and confident"* ✗
 - **Instead say:** *"I am confident, happy, and healthy"* ✓

Affirmation Examples

I am strong, kind, and loveable.

I am beautiful inside and out.

I am grateful for my life.

I am loved, respected, and cared for.

I am talented, fun, and adventurous.

I am attracting new opportunities into my life.

I appreciate my family and friends.

I feel love and gratitude for my family.

I choose to have a positive mindset.

I choose peace, love, and joy.

I choose to have Faith in myself.

I believe in myself.

Affirmation Worksheet (A)

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Write down your personal thoughts (both good and bad)

Positive

Negative




























































































Ex: *I feel unlovable* ❌ **Instead say:** I am loveable, worthy, and enough ✅

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This image shows a blank sheet of white paper with horizontal black ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.

Affirmations Tracker

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Mon	Tues	Wed	Thurs	Fri	Sat	Sun
						
						
						
						
						
						
						
						
						
						
						
						
						

Time Log