

THE STYLE COACH

Confidence In Style

6 Dec 2021

Week 4: Part 1

Affirmations That Work

Write down 3 affirmations below.

E.G. - I am capable of anything

Now, consider whether these statements are in strong contrast with your beliefs.

If they are in strong contrast, you might consider changing your language to something that appeals more to you.

E.G. - I am aware of my strengths and I can apply them when needed

Try using different/softer language for affirmations that are aligned with your current state and beliefs.