

## Affirmation Statements

Are your beliefs empowering you or holding you back?

Make a list of both. Write down as many beliefs as you can think of that you have that empower you along your journey as well as many as you can think of that limit you or discourage you.

Then, circle the 3 in each category that are the most impactful.

For the 3 most impactful LIMITING beliefs, rewrite a POSITIVE affirmation statement to replace the limiting belief. *Remember to use the 4 P Formula from the Vision Activity.*

Empowering Beliefs

Limiting Beliefs

Limiting Belief #1: \_\_\_\_\_

\_\_\_\_\_

Positive Affirmation: \_\_\_\_\_

\_\_\_\_\_

Limiting Belief #2: \_\_\_\_\_

\_\_\_\_\_

Positive Affirmation: \_\_\_\_\_

\_\_\_\_\_

Limiting Belief #3: \_\_\_\_\_

\_\_\_\_\_

Positive Affirmation: \_\_\_\_\_

\_\_\_\_\_

