

# AFFIRMATIONS

## Module 1

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### FUN WAYS TO USE:

- Stating it in your own mind like a mantra
- repeat in writing
- saying them out loud
- recording yourself saying affirmations to listen to later
- use dry erase markers to write them on the shower walls
- write on sticky notes and place around home or workplace

### GET STARTED RIGHT AWAY

I've said this before and will say again –Intuitive development is 90% mindset shift work. One of the best ways to shift our mindset is to state affirmations. We state them in the positive, as if they are happening now!

### Working with affirmations:

There are many ways to work with affirmations—we use them as a mantra to repeat in writing, in our mind, saying them out loud or my personal favorite—with dry erase markers on the shower walls! Some people will write them on sticky notes and place them around your home or workplace. Have fun with this one.

An Affirmation is a thought that we wish was true—so not, if overweight, I am so thin! I really want my body to support me well is more appropriate.

### Affirmations:

- ❖ **I am releasing all attitudes of limitations and obstacles from my life.**
- ❖ **I am attuned to my super senses!**
- ❖ **I am easily recognizing psychic messages.**
- ❖ **I walk with my feet on the ground and my head reaching skyward.**
- ❖ **I am receiving psychic messages daily.**
- ❖ **I am easily understanding my psychic abilities.**
- ❖ **I am happily kicking my perceived obstacles to the curb**