

THE WINNING EDGE with 5xOlympian Danielle Scott

Affirmation Guidelines

1. Be personal... Start with the words "I am" or ("We are" if a group)
2. Use present tense... Describe what you want as though you already have it or it is already accomplished
I am enjoying...
3. Describe it in positive terms
4. Be brief
5. Be specific
6. Include an action word ending with "ing"
7. Include at least one dynamic feeling word, such as enjoying, adoring, thrilled, excited, exhilarated, peacefully or feeling great
8. Change yourself, not the other person

A general rule is to keep affirmations short and to the point. They should be strong statements that convey strong feeling tones.

Affirmations should always be phrased in the most positive way possible. So affirm what you want not what you don't want.

When you create or use affirmations, avoid the future tense but rather phrase in the present tense as if the result already exists. (This technique simply acknowledges the fact that everything we create starts first in our mind before it becomes objective reality.)

"I AM ENOUGH"

"I AM A WORTHWHILE PERSON"

"I AM ENJOYING THIS TIME IN QUARANTINE CONNECTING WITH MYSELF AND OTHERS IN A MEANINGFUL WAY"