

# WEEK 4 – Affirmations reflection

Well done for doing your affirmations, they are a little funny to begin with, but it is important for you to think about how great you are.

Below are a few things to help you reflect on your affirmations: -

Which affirmation did you enjoy saying to yourself the most?

What made that affirmation enjoyable?

How did writing your affirmations make you feel? [happy, silly, excited...]

DID YOU REMEMBER TO SAY YOUR AFFIRMATIONS EVERYDAY?  
IF NOT, SAY THEM OUT LOUD NOW, THEY WILL MAKE YOU FEEL  
GOOD.

You can add to your affirmations anytime, I bet you can think up 3 more now..



Think of 3 things you plan to achieve next.

