

Positive Affirmations

Use this space to think of a few values or qualities that are important to you and make a list. This list can be as long or as short as you like but today you are going to write 6 affirmations to start. You can write more at a later date if you like! Keep this in a safe spot in case you want to refer back!

We have included the following prompts and an example for each but don't let them sway you too much! If you are feeling the example we have included- use it, but I recommend creating your own or putting your own unique spin on it so that it is unique to you at this point in your life.

- I am not. This one is a good one to start off with as it can help to centre you or remind of a struggle you are over coming! This could be something like "I am not perfect" (I am crippled by being a perfection junkie so this is my go-to) or "I am not everything to everybody".
- I am (x2). Take this directly from your list of values or qualities! Some examples are "I am strong" or "I am kind".
- I have. This one is gratitude based! An example is "I have an abundance of love in my life".
- I attract. Something you want to receive more of in your life for example "I attract energy".
- My body is. This may be the hardest one to write for most of you, and if it is I recommend creating a few of this one. A few I personally like are "my body is bangin'!" or "my body is capable". Make sure they are super positive and loving!

Use the white space to go in depth into each affirmation and journal about why that is important to you and what it looks like- what actions, words or feelings are associated with each affirmation. Pop this up on your mirror, in your wallet, on the fridge, on your shower (or all of the above!) or anywhere you will see it and practice it regularly. I recommend repeating at least twice a day! Say your affirmations out loud and with conviction- especially on the days you don't believe them.

If you work through these worksheets and would like to share a pic on Instagram be sure to let us know with the hashtag #dsaffirmations and tag us @deliciouskin.

I hope this exercise brings you boundless happiness, confidence, self-love and beauty in 2016!

xoxo Nicola Marie.

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