

CREATE YOUR OWN AFFIRMATIONS

1 WHY AFFIRMATIONS?

Affirmations help us build faith in new beliefs! When overcoming limiting beliefs, we reframe them to better align with our desires. However, it can take time to truly believe these once reframed. That's where repeating the new beliefs in the form of affirmations comes in.

2 LET'S WRITE OUR OWN

Time to grab your pen and paper! If your affirmations come to you naturally, go for it. If not, it can be helpful to start by writing out your limiting beliefs. From there, you can then write the more loving version of the limiting beliefs as your affirmations.

3 RECORDING YOUR AUDIO

To make a free MP3 audio recording, you can use: <https://online-voice-recorder.com/>. Before recording, take a deep breath and channel the energy of your highest self: the version of you who has and is everything you desire.

4 ACCESSING THE AUDIO

Be sure to click the "save" button once you're done recording. It will automatically save to your desktop. From there, you can click on the file and it will open in iTunes. Once you've opened it on your computer, it will also be accessible from iTunes on your phone.

5 BUILDING BELIEF AND MANIFESTING

Listening to your affirmations daily can be so powerful! You can listen consciously while taking a quiet moment to yourself, or passively while doing dishes, folding laundry, driving, or even going for a walk. It won't take long for you to start building belief once you start listening! Building faith in your reframed, aligned beliefs is such an important step when manifesting, as you cannot out-manifest your limiting beliefs.