

Secret One - Self Awareness - Week Five
The Power of Affirmations



What are my main recurring negative thoughts I have on a daily basis?

(These could be about yourself, life, friendships. Partner, work, children etc)

A belief is just a

Notes on the power of Affirmations:

*'It's not
what you
say out of
your
mouth
that
determines
your life,
its what
you
whisper to
yourself
that has
the
greatest
power'*

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Extra Notes on Affirmations:

What are you going to commit to saying to yourself and how?

*'Master
your
mindset
and you
master
your life'
'r'*