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Daily Affirmations

DAILY
AFFIRMATIONS



Marga Hogenhuis

What you **FOCUS**
on is what
GROWS
To change your
REALITY
Take inspired
ACTION

If you want somethings to change, you need to change.
Wether it's your health, your work, your love life or your money.
Change your thinking, change your mindset and all the rest will follow.
These affirmations can help you shift your mindset.

We all have parts in our lives where we could do with an upgrade!
But only if you focus on the right things, the right things will change.

Do you want more money? Change your money mindset.
Do you want have more self confidence? Focus on what you do well.

As a bonus you will find a Not-to-do list, a 3 minute self-esteem worksheet
and a visionboard template to shift your focus to what you want in life.

I wish you will have it all!
Hugs, Marga

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Daily Affirmations

I love and accept myself

I feel wonderful and alive

I find freedom in my vulnerability

I am exactly where I need to be right
now

I let go of the things I cannot
control

I am worthy

I am in charge of my own self-
worth

I am in love with myself and my
body

I am calm and peaceful

My growth is a continuous
process



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Daily Affirmations

I am intelligent

I am funny

I have a great butt

My friends like me for who I am

I'm not perfect and that's okay

I am grateful for my home

I have time to do things I love

My thoughts matter

I am allowed to take up space

I am allowed to be loud

I like me

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Daily Affirmations

I love me

I am beautiful

I love my body

My feelings matter

I am grateful for my loved ones

I am so loved

I deserve and receive massive
amounts of love every day

I am allowed to say No

My mistakes don't define me

I am important and I matter

I am enough

What you
FOCUS
on is what
GROWS

The next exercise is to make a vision board. Turn your vision into images. Collect texts and images of what you want for yourself and your future.

Put the vision board somewhere you see it every day and feel what it evokes in you. It is not about thinking positive but about feeling positive. It is the feeling that has an energy and that energy has a form and that is transformed into matter.

Let your future have the form that you desire!

SPIRITUALITY

FAMILY

VISION BOARD

Worksheet

WEALTH

CAREER

Believe

it

To

have

it.

HEALTH

LOVE

KNOWLEDGE

What you
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The next exercise is to make a Not To Do List. If you want to change things, you can also look at what you no longer want to do. What doesn't give you energy or what doesn't help you anymore.

Think about what you would like to do differently and see if you can do it differently next time!

MY NOT-TO-DO LIST

Stuff that distracts me and wastes my time:

Stuff that stresses me out and gives me anxiety:

Stuff that drains my energy:

Stuff I feel obligated to do:

Stuff that doesn't actually need to be done:

Stuff I can't control or isn't my responsibility:

What you
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The next exercise I call your white book. Instead of a black book with all the misery, you focus on what is going well and what you are proud of. If you print out this page several times and fill it in daily, you will have a nice white book after about 3 weeks!

If there are days when you're not feeling it, when your self-confidence could use a boost, take out this white paper and read what you've already done and what makes you happy.

Shift your focus to Happiness!

3 *minute*
SELF-ESTEEM
JOURNAL

SOMETHING I DID WELL TODAY:

TODAY I HAD FUN WHEN:

I FELT PROUD WHEN:



What you
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The last exercise is to raise your energy level and your frequency. Doing things that make you happy and exercising give you the happiness hormone, endorphins. In fact it is your own anti-depressant!

So if you know this, your body is making it, do something fun today!
That is the best medicine!

Shift your focus to Happiness!

Things That make me
HAPPY!

JOURNAL

T H E S E T H I N G S M A K E M E H A P P Y !

C H O O S E O N E O F T H E S E T H I N G S

T O D O T O D A Y



Raise Your Vibration

CHECKLIST

- PRACTICE GRATITUDE
- GO FOR A WALK IN NATURE
- MEDITATE
- TAKE A BATH
- LISTEN TO INSPIRING MUSIC
- GET YOUR BODY MOVING



THE
DISTANCE
between
DREAMS &
REALITY
is called
FICTION



Marga Hogenhuis