

# AFFIRMATION CHECKLIST

This checklist is set up to allow you to formulate up to three versions of your affirmation. Keep affirmations as short and concise as possible. ("Brevity is the soul of wit." *Shakespeare*) Create the first version and then check off all the items that your affirmation complies with. If there are items that are not checked off, redo the affirmation. You should then check off **all** the items again for compliance to make sure your revision did not inadvertently break one of them. Once you have an affirmation where you can successfully check off all the items, you are now ready to use it. Use another sheet if you find you need more attempts.

My affirmation is:

(1) \_\_\_\_\_

(2) \_\_\_\_\_

(3) \_\_\_\_\_

The above affirmation complies with the following requirements

(1) (2) (3)

- BE CLEAR: can you visualize what it is that you are asking for, or at least
- BE SURE: if you express doubt, then doubt is what you will get as an
- I ME FACTOR: has it been possible to include either the word I or Me in
- GROUNDED IN THE PRESENT: the affirmation must be in the present
- GIVE RESPECT: always ask and never demand. You are receiving as a
- ABUNDANCE FOR ALL: ask to have your desire created for you and not
- GO WITH THE FLOW: is your desire in keeping with what is happening in
- RESULTS - NOT ACTIONS: always ask for the final outcome and do not try
- NEVER THE NEGATIVE: always make an affirmation in the affirmative;
- K.I.S.S.: Keep It Simple Stupid and direct as to what you are asking for so