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*A*FFIRMATION *M*ANIFESTO

A GUIDE TO HAPPINESS
BY COACH RUCHI PAREKH





HOW TO GET MAXIMUM BENEFIT

- This is your safe space
- Journaling is like having a heart to heart conversation with yourself
- Use this journal to pour your heart out
- Please journal without fear of judgement
- Only you will read the contents
- It is the most powerful tool at your disposal
- Use it daily and see your life turn around for the best
- Use the sheets provided to pur your heart out
- Followed by the journal prompts and affirmations



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WHAT ARE AFFIRMATIONS


Affirmations are sentences aimed to affect the conscious and the subconscious mind.

Everything that we *repeatedly* say to ourselves out aloud or in our thoughts are affirmations.

The Reticular Activating System (RAS) is a part of our brain that makes words that get repeated over time as part of our identity, *positive or negative.*

Just like sowing seeds in a garden. When we water and nurture the seeds every day, they will grow (most of them). That's like repeating an affirmation. If you have a tomato plant seed...





you plant that seed...water it (focus)...can you really expect to get apples? No of course not. You expect to get tomatoes. That's how our subconscious mind works. It doesn't care if you want the seeds you plant to grow. As long as you water and nurture them (affirm repeatedly) they will grow.

Our subconscious mind doesn't know the difference between past and future, all it cares about is here and now. It doesn't know the difference between yes and no. It just reacts as if it is truth (RAS). That is why it is so important to state the affirmation in the positive and as if it is true right know.





3 SIMPLE STEPS FOR POSITIVE AFFIRMATIONS

When you say or write your affirmation

1. VISUALISE yourself as how you want to be.

Create vivid imagery in your mind.

2. FEEL how you want to feel by stating that
positive affirmation

3. SPEAK how you would when living that
affirmation

The two *secret components* to make them
effective:

a. Physiologically experience the positive
affirmation

b. Do it regularly



Affirmations for Happiness

1. I am worthy of love and acceptance.
2. Today, I will find joy in where I am.
3. I am grateful for my abilities and my gifts.
4. I am excited for the new opportunities today will bring.
5. Today is a fresh start. I am not bound by who I was yesterday.
6. I bring positivity to the lives of the people I know.
7. I will treat myself with kindness, patience, and respect.
8. I deserve love, life, and happiness.
9. My thoughts are peaceful and calm.
10. I let go of all negative thoughts and replace them with positive ones.

Affirmations for Daily Life

1. I am rich in health, wealth and love
2. Opportunities and advantages come with each door that I open
3. I deserve whatever good comes my way today
4. Everything happens for me not to me
5. I only attract the best in my life
6. I'm allowed to do what I want with my life
7. I have the power to change myself
8. I allow myself to play and enjoy life
9. I am making a difference in this world
10. I am at peace with all that has happened, is happening, and will happen

Affirmations for Confidence

1. Today, and every day, I choose to be confident
2. I radiate confidence, certainty and optimism
3. I courageously open and move through every door of opportunity
4. I am in charge of my life
5. I have the power to live my dreams
6. My mind has unlimited power
7. I stand up for what I believe in
8. I act with courage and confidence
9. I believe in myself
10. I am the most beautiful person I know

Affirmations for Love

1. Today, and every day, I choose to give to the world
2. Everywhere I look, I see love
3. The partner I seek is also seeking me
4. I love my partner with all my heart
5. I am thankful that I get to share this beautiful life with my partner
6. I surround myself with positive and loving people
7. Today I could meet the love of my life
8. I am ready to be in love
9. I love myself more every day
10. I am blessed with an incredible family and wonderful friends

Affirmations for Success

1. Today, and every day, I choose to be successful
2. I am a magnet for success
3. I am stronger and wiser than I was yesterday
4. I am a magnet for other successful people
5. Every day, in every way, I am becoming more successful
6. Prosperity is my natural state of mind
7. I demonstrate excellence in everything I do
8. I am open to opportunities
9. I bring solutions
10. Every day I am moving a step closer to my goals



JOURNAL PROMPTS TO IMPROVE YOUR MOOD

1. Write about a time when someone did something nice for you. How did it make you feel?
2. Write about your favourite memory.
3. Write about your dream vacation and then plan it.
4. Create the perfect day and decide when you are going to make it happen.
5. Write a list of things you are thankful for.



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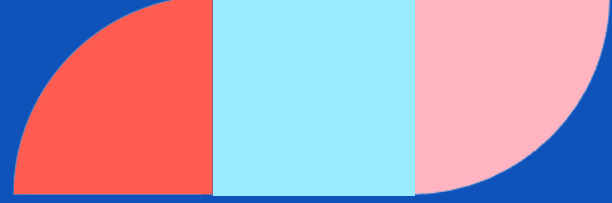


JOURNAL PROMPTS TO IMPROVE YOUR MOOD

6. Write about the people in your life who are always there for you.
7. Make a list of things that you did right, no matter how small or insignificant they may seem.
8. Write about something that makes you proud.
9. If somebody you care about was feeling down, what would you do to cheer them up?
10. What inspires you to be a better person? Why?



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Hi, my name is **Ruchi Parekh**,
a Certified Executive/Life/Career
Coach (PCC).

You have 'everything' but feel
you lack 'something'?
Or you're simply feeling stuck.
It's time for an overhaul.

Let's talk.

Book in your FREE 15 min call
www.ruchiparekh.com

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