



Rock Your Life Affirmations

I want you to create your own 'Rock Your Life' affirmations sheet. Below, I have shared with you my own affirmations, which total over 110. **You only have this as a Word doc, as obviously you are going to change some of my personal affirmations 😊**

You are welcome to keep or delete any that do or don't speak to you, but either way I want you to add your own. Keep the categories.

Spiritual does not have to mean religious. Spiritual can be whatever it means to you. Time for your soul. Time to be still.

Writing out your affirmations will empower you from within, and you'll get into the flow of it as you go. It's incredible liberating and confidence building.

When you have finished writing your affirmations, you should also record them onto your phone or computer. Then you can listen to them as you go about day-to-day tasks. What a fantastic way to step towards your dreams!

Spiritual

I have a fantastic relationship with God

I am a strong Christian woman

My family is strong in Christ and in one another

I love going to church and speaking with people

I love getting involved when I can help with something at church

I enjoy praying to God and meditating on his Word often

I know that God loves me

I know I have a place in heaven waiting for me

I am living out Gods purpose for my life



I worship God every day

I am a walking advertisement for God

Me, physical

I am strong from the inside out

I love to eat healthy and delicious food that makes me feel fantastic

I naturally make clean and nutritious choices when I eat

I enjoy treats on occasion, and feel great about eating them

I have a lean stomach

I push myself to go beyond my fitness barriers

I know that I am looking after my body each day as a temple

I love myself

I love every part of my body, even the ones I thought I never would

I am a fit and healthy woman

I feel great from the inside out

I am proud and confident when I look in the mirror

I know that my health and fitness is improving each day

I deserve to create my best possible body

I enjoy the feeling of my metabolism speeding up inside me

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Other personal

I am proud of who I am as a woman

I love the way I choose to live my life

I feel good about myself

I make choices that move me closer to the things that truly matter to me

I'm fine with quitting or walking away from something that's not working for me

I've come so far

I have so many things to be grateful for

Loving life comes naturally to me

I am motivated from within

I always look forward to, and am excited by the next day

I have so many good things still coming for me

I feel inspired just thinking about my future

My writing (change this to your art or biz or whatever you spend time on)

I am a fantastic writer

Every day I improve and better upon my writing

I enjoy learning new strategies and approaches for my writing

I write 1000 words each day that I turn on the computer

Writing comes easily to me, and flows out of me naturally

My writing impacts thousands of people all around the world

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New writing opportunities come my way often, and I'm able to easily discern which ones work for me

I love being a writer and knowing that I am making a difference

Family and relationships

I have a loving relationship with Enzo

Enzo and I have a fantastic sex life

Enzo and I are a team and we are in things together

We love each other even when we disagree

I spend daily quality 1:1 time with Alyssa

I love being fully engaged when I'm taking time to spend with Alyssa or Enzo

I enjoy spending time with my family and friends

I am naturally social, and good at making friends

I am a great listener

Others enjoy spending time with me, and benefit as a result

I am easily able to switch off my busy mind when I'm with others

Time

I have all the time in the world for all the things that matter to me

I am always able to complete important tasks with time to spare

I have plenty of time for work

I have plenty of time for fun

I have plenty of time for all the things that need to be done

I have plenty of time for exercise



I have more than enough time for preparing and eating healthy meals

I have plenty of time just for me, to be still and do nothing

I find I have more time when I regularly take time out

Being still even for a few minutes each day rejuvenates me and creates more time

Money

Abundance flows to me easily from all directions

I am great at making money

I am great at using my money wisely

Creating wealth is something I am willing to let myself do

Making a lot of money allows me to help more people and share my gifts more effectively

I enjoy spending money on myself

It's okay to spend money on myself

I love saving some money each week, and I love doing it first and watching my savings climb

I feel good about being able to pay any bills that come my way

Money gives me a happy and positive feeling

I am friends with money

It's great to know that I can afford to live an abundant lifestyle

I am worthy of creating wealth



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Business

I am a business gun!

I love spending time on and in my business

I enjoy connecting with my customers and readers

I regularly get great feedback about what I do

New opportunities come to me often in business, and I am open to receiving them

I am great at dividing up the time I spend on my business

I make a difference each day

I run my business based on creating value for myself and others rather than based on checking off a list

I am motivated from within to work on my business

Even in 20 or 30 minutes I can make a difference and move my business forward

My business is like a rolling ball gathering more speed, it just grows faster and gets better

I am so proud of myself for reaching for my business dreams

I know I am figuring out better and better each day what I am meant to do

I love that my business allows me to use my talents

I love that my business is helping me to change lives



Lifestyle

I have the ultimate perfect lifestyle

Each day I am able to be flexible and spontaneous with my time and energy

My life flows smoothly and easily

I face challenges well and always learn something from them

I look forward to each day ahead, joyfully

I feel so blessed

I have so much to be grateful for

I love developing and furthering myself in different areas

I enjoy trying new things

I am open to change

I feel free

I feel at peace, safe, and reassured

I know that I am spending my life exactly as I should be