

28 DAY

Affirmation

PLAN

For Self Love

*I am exactly
where I need
to be*

I am brave

I am enough

I can & I will

CHERYL T LONG

Do you want to start using affirmations to change your life, but you don't know how to write them properly or how to use them to have the best results?

If the answer is YES - I can help you!

What Will I Learn?

- how to use your affirmations
- when to use them
- how long should you say them
- how to increase their power even more!

I have a lot of experience in working with using this kind of plan and trust me - if you do it right, it always works ! An affirmation is a powerful tool that you can use to change your reality!

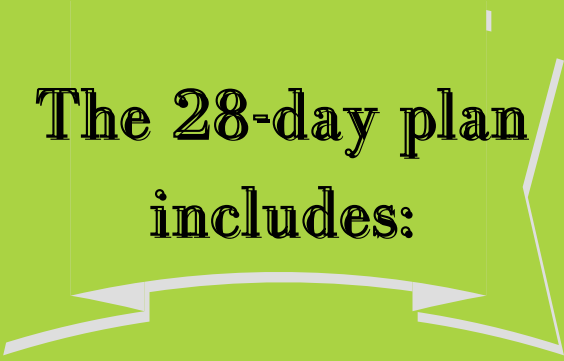


Instructions on how to use
Affirmations
to increase their power:

1. To have the best results, use your affirmations at least twice a day.
(If you can, do it three or even four times.)
2. Make sure that you will not be disturbed - this is your time and you need to focus.
3. Sit comfortably or lay down and breathe deeply. Stay present, relax your body and your mind.
(If you have your favourite solfeggio frequency music or any meditation music that makes you feel relaxed, you can use it too.)

Instructions on how to use
Affirmations
to increase their power:

4. Read your affirmations - you can do this in your head or out loud, depending on what feels best for you.
5. The most important thing is to really believe that what you say to yourself has already happened. Feel the emotions that you would feel if it's already yours. Feel the gratitude, love, excitement, joy, let these feelings flow through your body.
6. Do this for at least 5 minutes and then just come back to your normal routine. Don't overthink it, don't wonder „how it is going to happen?“, don't worry about things not being okey yet.



The 28-day plan includes:

- 4 unique affirmations written especially for you,
- printable 28-day plan with all your affirmations + printable affirmations for each week,
- clear instructions on how to use these affirmations,
- tips on how to make them even more powerful!

WORDS HAVE GREAT POWER.
THEY HAVE THE POWER TO
CHANGE THE LIFE!



Fill your mind with positive
thoughts and discover how
they will transform your
life in a positive way.



DAY 1-7

I love who I am! I am so proud of the person I see in the mirror.

I choose to be patient with myself and cultivate self-compassion every day.

Instead of putting myself down, I choose to uplift and empower myself.



DAY 8-14

I feel so good in my own skin!
I always remember to appreciate
myself and give myself
compliments.

I cherish, love and deeply
value myself.

I recognize and honor my own
needs. I choose to make self-
care my priority.



DAY 15-21

Self-love comes naturally to me. I fall in love with myself more each day.

I treat myself like I would treat my best friend.

I accept everything about myself. I love myself unconditionally.



DAY 22-28

I deeply respect myself –
I always remember to treat
myself with love and kindness.

I am beautiful, strong and
intelligent. I really love being
myself.

I am worthy of everything
wonderful. I am enough.