

28 DAY

Affirmation

PLAN

For Letting Go of a Toxic Relationship

*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

Setting healthy boundaries and respecting my own needs comes easy to me.

I choose to let go of everything that no longer serves me. I am free.

I value myself enough to walk away.

DAY 8-14

I have the right to say "no" and decide what is the best for me.

I deserve to be appreciated for who I am. I deserve respect.

I am strong and independent.
I am able to take care of myself.

DAY 15-21

I stay strong, because I know that I made the best decision possible.

I deserve more than this. I deserve to be treated with a great care and dignity.

I am worthy of true love and affection.

DAY 22-28

I choose to leave the past behind. I focus on healing my heart and regaining my inner peace.

I am my own number one priority. I am good to myself and I take time to fully recover.

I have the power within me. I can move forward and create an amazing reality for myself.