

28 DAY

# Affirmation

PLAN

For Motivation

*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:

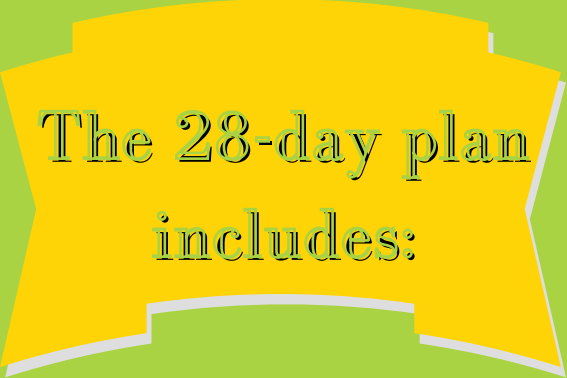
1. To have the best results, use your affirmations at least twice a day.

**(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.)**



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!



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.

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 can do anything I put my mind to. My willpower is unshakeable.

Every day I become more persistent and more motivated.

I am driven, ambitious and ready for success.



## DAY 8-14

I have more energy than I ever thought possible!

I always feel motivated, energized and alive.

I am naturally motivated. I know that I can make my life a masterpiece.

I have strenght, energy and determination to turn my dreams into reality.



## DAY 15-21

I am fully focused on my goals -  
nothing in this world can distract  
me.

Every day I choose to be the best  
version of myself.

I have the power to overcome any  
obstacles that come. I always stay  
confident and strong.



## DAY 22-28

I am so excited to be alive! I choose to live my life to the fullest.

Every day I wake up grateful for all amazing opportunities I have.

I know that I am the creator of my life. My potential is unlimited - I am unlimited.