



# AFFIRMATIONS

## MONTH.1

"Words are things,  
I'm convinced...  
Someday we'll be  
able to measure  
the power of  
words. I think  
they are things. I  
think they get on  
the walls... your  
rugs, in your  
upholstery, in  
your clothes, and  
finally into you."

- Dr. Maya Angelou

- Am I present?
- Do I breathe freely?
- Can I be more present right now?
- Am I listening to my intuition?
- Am I connected to my heart?
- Am I connected to my senses (touch, smell, taste, hearing)?
- Am I aware of what I am saying?
- Am I aware of what I am doing?
- Can I speak from my heart instead of an autopilot mode?
- Am I truly listening to what he/she is saying?
- Am I projecting my own beliefs in this situation?
- Do I eat with awareness?
- Do I need to buy this now?
- Do I need to consume this information on social media?
- Do I need to watch the news?
- Do I need more time scrolling on social media?
- Can I be more focused when I work?
- Am I affected by what's happening outside of me?