



Magical Affirmations

A Personal Creative Workbook
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Magical Affirmations



Affirm:

- : state as a fact; assert strongly and publicly
- : to show or express a strong belief in or dedication to something, such as an important idea

We think an astounding number of thoughts every day, and most of them are unconscious. Affirmations are positive statements that we make with intention to help us to feel the way we want to feel in our lives. Think about some things you desire in your life... chances are that you actually want those things because you think you'll feel a certain way when you get them. Maybe you desire more \$ - you think it will make you feel successful and free.

Here's the thing though... it's not affirmations that are magical. It's YOU -- You deciding to feel the way you want, and then doing everything you can to feel like that no matter what is happening in the physical world around you. The cool thing is that when you do this... what you desire comes to you almost as if by magic. And you don't even *need* it anymore anyways, because you already **FEEL** the way you want to (the way you thought that having or doing this would make you feel --- you already do!).

Using affirmations throughout your day is a tool to help you remember who you are and who you want to be. You can use this toolkit to create your own magical affirmations and to build a daily plan to use them!

Need some ideas?

Try these on for size....

I am free

I am brave

I am strong

I am abundant

I am blessed

I see blessings all around me

I choose joy

I embrace ease

I am worthy of love

I am free to be honest

I am full of integrity

I am loved

All is well

I am at peace with life

I am willing to learn

I create my life

I am free to grow

It is safe for me to shine

I am creative

I can do hard things

I am filled with life

I love my life

I am safe

I trust the process of life

Life supports me

I choose love

I am grateful

I am calm and serene

I relax and trust

I see the good

I was made for this

I am free to be me

I believe in me

I am free to fail

I am free to succeed

I am free to go

I am free to stay

I am free to try again

I keep going

I trust myself

It will be okay

I am enough

I am good

I dream big

life is good

I embrace bliss

I love and cherish myself

I create joy

I am growing everyday

I choose to love life

I am free to move forward

I am a good person

Life supports me I choose love I am grateful I am calm and serene I relax and trust I see the good I was made for this I am strong I am true I trust I am free to be me I am free I am brave I am strong I am abundant I am blessed I see blessings all around me I choose joy I embrace ease I am worthy of love I am free to be honest I am full of integrity I am loved All is well I am at peace with life I am willing to learn I create my life I am free to grow It is safe for me to shine I am creative I can do hard things I am filled with life I love my life I am safe I trust the process of life I am free to trust I am powerful I accept myself I love myself I live in the now I am free to change I am wonderful the way I am I release the past Life supports me I choose love I am grateful I am calm and serene All is well I relax and trust I see the good See the good You were made for this I was made for this You can do it this is your year I am free to be me I believe in me believe in myself go for it I trust myself I am create my life Live your dreams dream big you are special to me you are good wonderful do good things life is good love is all you need embrace bliss Good choose love Shine fly, be free I love and cherish myself I create ease and joy relationships of harmony I am growing everyday I release the past I choose to love life I am free to move forward I am a good person I am perfectly imperfect you are amazing you are loved I love you I create my life Life is filled with joy I believe in me I am free to fail I am free to succeed I am free to go I am free to stay I am free to try again I keep going I trust myself I will be okay I am enough I am good I dream big life is good I embrace bliss I live and cherish myself I create joy I am growing everyday I choose to love life I am free to move forward I am a good person I am perfectly imperfect I create my life Joy Life is filled with joy I am free to say yes I am full of integrity I am loved All is well I am at peace with life I am willing to learn I create my life I am free to grow It is safe for me to shine I am creative I can do hard things I am filled with life I live in my life I am safe I trust the process of life I am free to trust I am powerful I accept myself I love myself I live in the now I am free to change I am wonderful the way I am I release the past Life supports me I choose love I am grateful I am calm and serene All is well I relax and trust I see the good See the good You were made for this I was made for this You can do it this is your year I am free to be me I believe in me believe in yourself go for it I trust myself I create my life Live your dreams dream big you are special to me you are good wonderful do good things life is good love is all you need embrace bliss Good choose love Shine fly, be free I love and cherish myself I create ease and joy relationships of love and harmony I am growing everyday I release the past I choose to love life I am free to move forward I am a good person I am perfectly imperfect you are amazing you are loved I love myself I was made for this I am strong I am true I trust I am free to be me I am free I am brave I am strong I am abundant I am blessed I see blessings all around me I choose joy I create my life I was made for bliss I choose abundance Ease is all around I am good I am full of bliss I am magical

Make Your Own....

How do you want to FEEL in your life?

I am... I welcome... I deserve... I choose... I believe... I trust... I have... I know... I feel... I create... I love...
One of the most powerful affirmations starts with
I am... I am...

I am creative
I am loved.
I am up for the challenge!
I am brave.
I am free to be me.
I am more than enough.
I am abundant.
I am connected to my intuition.
I am

Please use the following page to write yourself a little love note.
You are always growing and getting better, remembering who you are. You are worthy of your own love!



Dear

You're doing a great job.

Weekly Planner

Month :

Week :

Saturday

Friday

Thursday

Wednesday

Tuesday

Monday

Notes :

Priorities :

MORNING CHECK IN

I WOKE UP FEELING



Awesome



Good



Okay



Not good



Horrible

How do you want to feel today?

What will you do to support those feelings?

Today's affirmation:

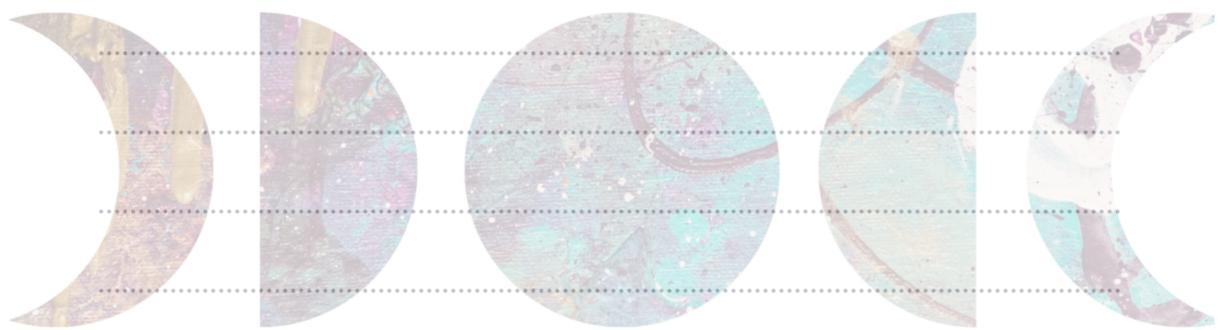
I MAKE MAGIC

notes



I AM WHO I AM

notes



Alexis Wild

fine art

Yippeee! It was so fun to make and share this Magical Moon Affirmation DIY kit with you! We are the ones who create the lives we want... and affirmations can help to us stay in our lane and remember who we are. Your dreams and desire matter, baby!

Keep going. Please keep going. Little step by little step. Thank you so much for bringing my art into your home, and for downloading this workbook too. I appreciate you greatly!

Many blessings,
xo  Alexis

be who you are.

Alexis Christine Wild is a Canadian mixed media artist creating bright inspiring artwork! When she doesn't have paint all over her hands, she is usually chasing her four kiddos around as a single mama, digging in the garden or baking up a kitchen mess! Alexis creates and teaches in her home studio in London, Ontario. She is passionate about creating opportunities for people to discover their own unique way of art and to live lives that feel full of joy!



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