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Daily affirmation practice

Focus on one affirmation each day. Choose a set time each day to practise your affirmation. Many people find that doing it in the morning or before bedtime works well, but you can choose any time that suits you.

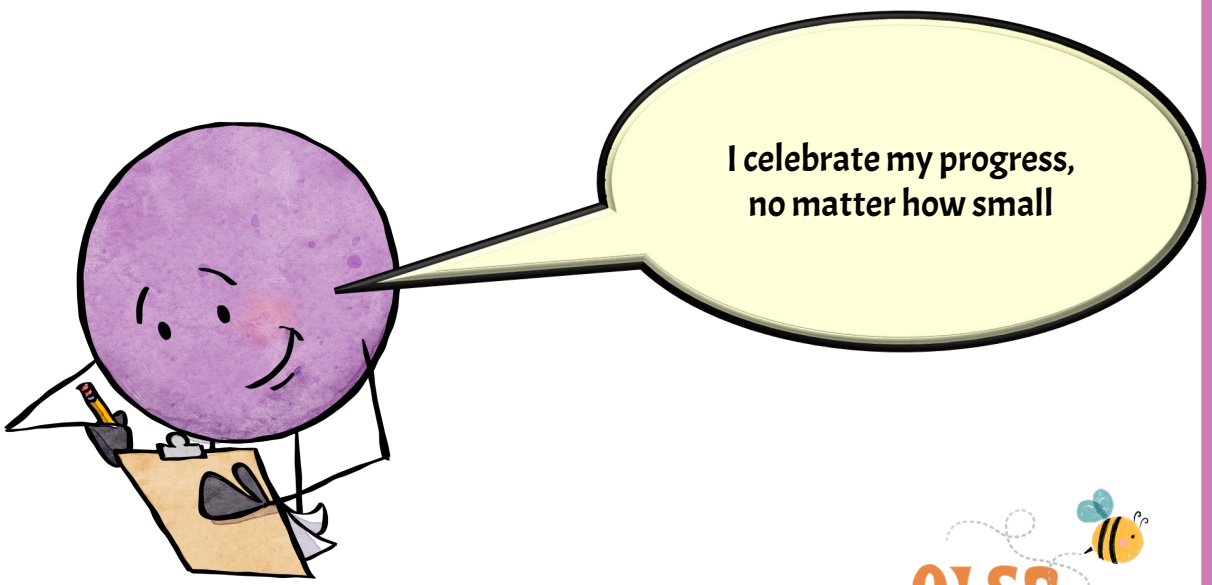
Find a quiet and peaceful place where you can focus on your affirmations without distractions. This can be in your room, a cozy chair, or even outdoors in nature.

As you repeat your affirmation, close your eyes and visualise the positive outcomes or situations you are affirming. Try to feel the emotions associated with these affirmations as if they are already true.

Repeat each affirmation multiple times, ideally at least three to five times. The more you repeat them, the more they become ingrained in your subconscious mind.

As you say your affirmations, believe in the words you are speaking. Feel the positivity and confidence that they convey. The more you believe and feel them, the more effective they become.

Writing your affirmations down can reinforce them further. Consider keeping a journal where you write your affirmations daily.



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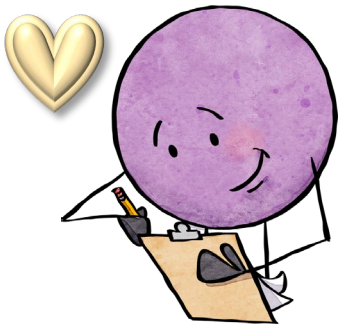

Ambitious August Affirmations for the month

- ❑ I can achieve my goals step by step.
- ❑ My effort today brings me closer to my dreams.
- ❑ I believe in my ability to succeed.
- ❑ I am brave enough to try new things.
- ❑ I can learn from every challenge.
- ❑ My hard work makes me proud.
- ❑ I keep going, even when things are tricky.
- ❑ Every small step is a big win for me.
- ❑ I can do amazing things with patience and practice.
- ❑ I am focused and determined.
- ❑ I am capable of more than I imagine.
- ❑ I take action towards my dreams every day.
- ❑ I am strong enough to overcome obstacles.
- ❑ I celebrate my progress, no matter how small.
- ❑ I believe in myself and my future.
- ❑ I stay positive and keep moving forward.
- ❑ I can learn anything with practice and time.
- ❑ I trust myself to make good choices.
- ❑ I am proud of the effort I give.
- ❑ I am ready to shine this August.

Add your own affirmations below or copy out, one of the ones above. Cut it out and practise it every day.

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