

Attracting THE LIFE YOU DESIRE

How to Live Consciously and Enjoy A Prosperous Life

WORKSHEET

ATTRACTING THE LIFE YOU DESIRE
SELF-REFLECTION WORKSHEET

Use this worksheet to write affirmations that can help you change your mindset, eliminate bad habits, create good habits, and attract the life you desire.

Remember, your affirmations should be **Positive, Personal** (use the word "I", "me", and "my"), and **Present Tense** (as if you already exhibit that trait).

You can use affirmations in many areas of your life. We've listed some of the areas you may wish to strengthen below:

Your Financial Life – *your career, income, investments, and savings*

Your Relationships – *with your partner, parents, children, or friends*

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Physical – *for eating right, exercising, and good health*

Mental Attitudes – *your success mindset, confidence, and self-esteem*

Your Spiritual Life – *your inner peace, faith, and deeper purpose*

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Habits You Want to Break – *addictions like smoking, drinking, over-eating*

Good Habits You Want to Encourage – *like exercise, happiness, and communication*