

Process Affirmation Worksheet

Step 1: write down your goal/desire

Step 2: in the “Doubts/Fears” column write down any doubts or fears that come up

Step 3: flip the doubt/fear into an affirmation and fill out the “Affirmation” column

Step 4: take it a step deeper and dig into the process to make a process affirmation. Think about the type of person who is that thing, who has that thing? How did they get there? What would they need in the process to keep having that thing over and over again?

This page is an example. Go to the next page for your blank print out worksheet.

What is your goal? What is it you desire?

I want to own an online fitness company that brings me millions of dollars.

| Doubts/Fears | Affirmation | Process Affirmation |
|-----------------------------|---|---|
| I'll never be a millionaire | I am a millionaire. I have a million dollar company. | I have the capacity for success. I have a millionaire mind. Money making ideas come to me with ease. |
| I'm not enough | I am enough. I am capable. | I am expansive. I am always growing and learning. Where I am today is not my final destination and I love myself every step of the journey. |
| I can't lose 50lbs. | I can release 50 lbs. I am good at releasing weight. | My body is wise and always knows what foods will nourish me. I listen to my body. I eat when I am hungry. I stop eating when I am full. It is safe for me to release excess fat. My body is always moving towards the weight that is healthiest for me at this point in my life. |

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