

Creating Your Personal Power Affirmation Part 2

Your Personal Power Affirmation Boxes should now look like this. With your whole list in one of the boxes by corresponding number.

In this next step, I would like you to give a name or phrase to each of your boxes. Look at the statements in each box and see if there is a general feeling or thought that you can use as a name for each of the boxes. This thought or feeling could be positive or negative. It could be things such as success or fear of success, loving relationships, health and vitality, freedom, Judgemental or non-judgemental, joy, rejection, awareness or maybe fun or spontaneous. Just give each of your boxes a name or title now that covers the statements in each box.

When you have finished that your boxes should look like this in the example “Personal Power Affirmation Boxes with Names”.

Please name all of your boxes now.