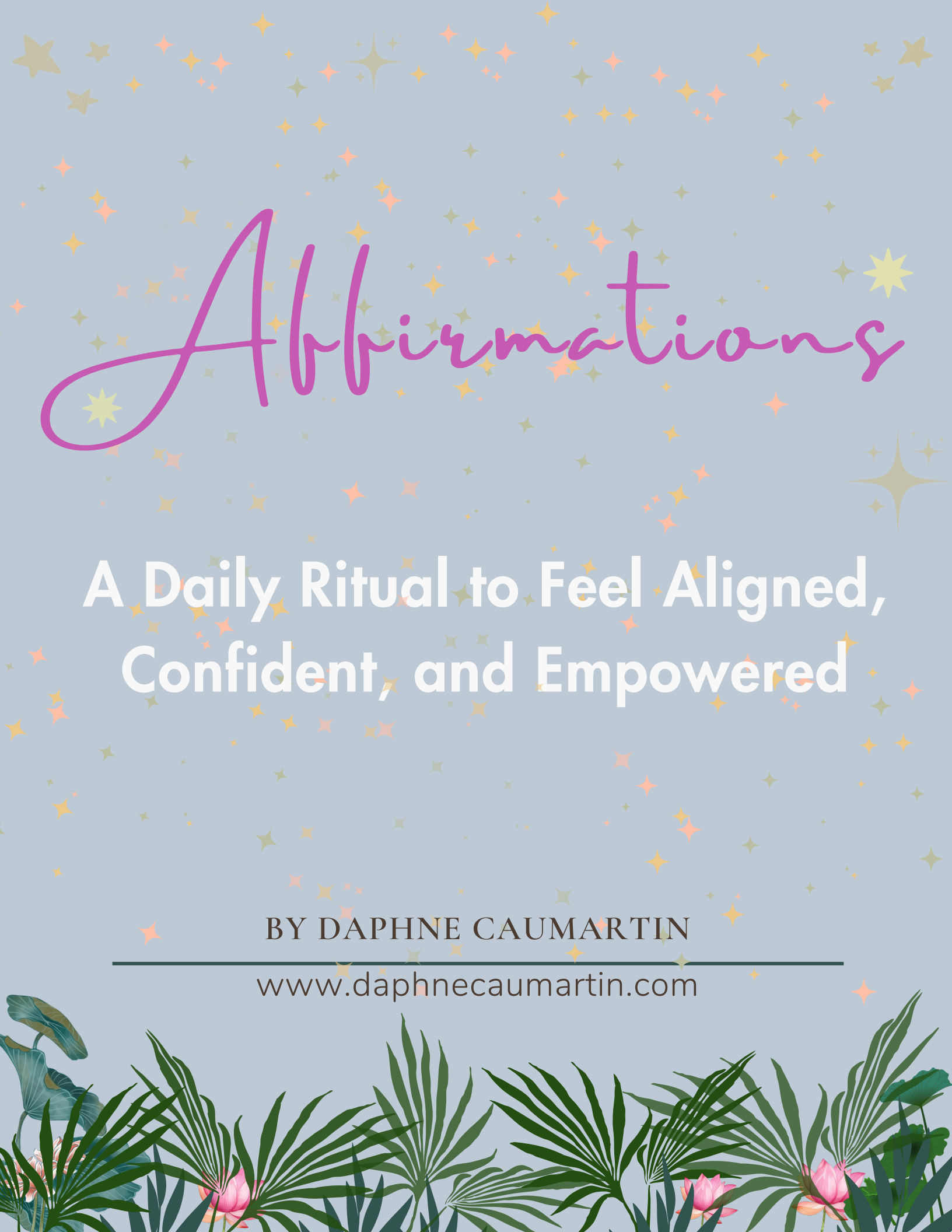




Affirmations

A Daily Ritual to Feel Aligned,
Confident, and Empowered

BY DAPHNE CAUMARTIN

www.daphnecaumartin.com



Hello and Welcome!

My name is Daphne. I am a coach and a certified EFT practitioner. My passion is to help women feel empowered and confident as they go for their dreams. I specialise in mindset coaching, using EFT tapping as one of my tools to help you neutralise stress, procrastination, imposter's syndrome, lack of clarity, fears around money and other blocks. I help you live the life of your dreams.

Affirmations are not about pretending everything is perfect. They're about choosing words that lift you, guide you, and resonate with you. This workbook is a space for you to claim your voice, shape your mindset and remind you that you are amazing. These exercises were created to help you start a daily practice of using powerful affirmations that work for you.

Let's begin.

Daphne



WHAT ARE AFFIRMATIONS?

You've probably come across affirmations before, but you might still be wondering what they really are and how they actually make a difference.

The definition of an affirmation is "a statement or sign that something is true". Cambridge Dictionary

Affirmations are short, powerful statements that help you rewire your mind and overcome self-sabotaging or negative thoughts.

HOW DO THEY WORK?

Affirmations are based on intention. You examine your situation, look for beliefs and attitudes that keep you stuck. You choose new ones and write affirmations about them. It works like a mantra: you repeat the affirmations on a daily basis. Over time, you effectively rewire your subconscious with new beliefs.

Read about the [Science of Affirmations](#)

INSTROSPECTION TIME

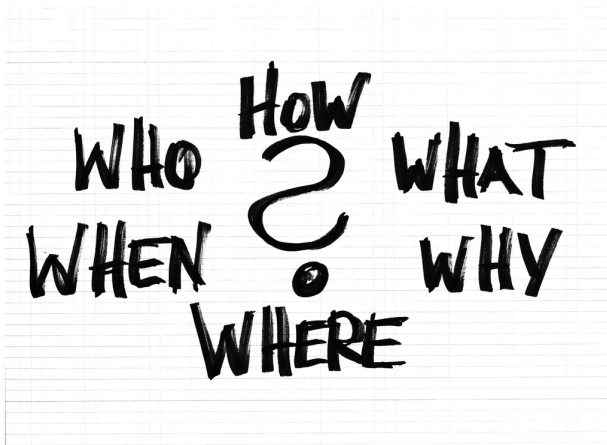
Take a pen and some paper.

Here are some questions that you may need to answer before you write a set of affirmations to rewire your mind. You are welcome to use your own questions.

In which area of my life could I do much better?

*What do I believe about myself?
About my ability to succeed?*

What do I believe I need to have or be in order to be successful?



- TIPS -

- ✓ Beliefs can be changed. Especially if they get in the way of your success. What do you believe about deserving love, money or good things?
- ✓ Focus on what you would like. What would you like more of?
- ✓ Be precise about what you want: I would like to be ... because it will... me more.....

EMPOWERING AFFIRMATIONS

For affirmations to work, you must do the following:

- Use the present tense: “I am acceptable”.
- Create a believable statement.
- Be specific: “I find it easier to fall asleep at night.”
- Visualise yourself in the intended situation.
- Intend: don’t repeat the statement in a monotonous tone. Say it with conviction.

Practice daily for at least 21 days, and take time at the end of each week to journal any positive shifts you notice.

**SAY IT WITH
POWER!**

*See yourself receiving
good outcomes thanks
to your affirmations*

*Focus on yourself. Use “I am”
for your affirmations. Work on transforming
yourself for you can’t change other people..*

EXTRA TIP!

Express gratitude!

Say: “I am grateful
I am getting such a
restful sleep!”

EXAMPLES OF AFFIRMATIONS

MINDSET

Everything I need is already within me.

I am open to growth, change and new understanding.

Even if I don't know all the answers, I trust myself to keep going. The answers will come as I move forward.

I am strong, resilient and resourceful and I am thankful for the opportunities to use those qualities.



SELF-WORTH

I am enough and there is enough.

I choose to be gentle with myself and treat myself with respect, care and understanding.

I value myself. It is a good thing to set boundaries, so others know to respect me.

I choose to forgive myself for my mistakes. I tried and next time I will do things differently.

CREATE YOUR OWN

Use this page to create your own powerful affirmations.



My 10 Powerful Affirmations



1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____



NEXT STEPS

Affirmations are a powerful and gentle way to begin your personal growth journey. They help shift your mindset and set a positive foundation. It is important to remember that they're only one part of the process. For deeper transformation, like healing past experiences, shifting limiting beliefs, or manifesting goals. EFT tapping can be a helpful next step. It gently supports emotional release and lasting change.



How about some deeper work?

If you're ready to dive deeper and work through challenges like negative self-image, emotional eating, financial blocks, or other long-standing patterns, I offer a 6-session EFT package at 25% off.

Schedule a free discovery Call



Thank you!