

11 Steps to Create Affirmations Using 11 Principles



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With Your Guidance...

Laura Daugherty

*I am willing to
open up to new
possibilities, I am
willing to change.*

*I am ready to release
what no longer serves me...*

*I am filled with infinite
possibilities...my Destiny
is Grace and Ease.*

My Oils

~Frankincense ~Lavender
~Jasmine ~Sandalwood
~Wild Orange ~Bergomot

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and embrace my new path...

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Affirmations ~

What are they...they are positive statements we can say to re-phrase negative talk and limiting beliefs.

When we say them out loud and we use the “I” statements, our cells hear that information and respond. If we repeat these statements over and over again we can actually Change the programing that is in our bodies, it's pretty amazing really. See we are declaring to ourselves and the Universe of our intention to make it our truths. It's a way for us to

hold the Vision of what we know *can* be true.

How do they work...the statements are repeated over and over again until they become our new truth, that's when our subconscious acts upon it and manifests it by creating situations that reflect our wanted Change or outcome.

Principles ~

What are the Principles? Well, I have incorporated 11 Principles into my practice and life. Principles which I worked with during my coaching training and which I align myself with daily and use to guide my Service with my coaching clients. These Principles are building blocks to self-awareness. I envision them as in a spiral ladder, each one taking us up to our ultimate desire.

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Play Intuition Choice Balance

Connection Action Gratitude Vision

Attraction Change Service



Supplies

Gathering Our Supplies ~

Gather whatever calls to you to Play with...paper, color pens/markers or pencils or your computer, choose fun fonts and colors. If you use a smart phone you may want to explore this a phone App and create your own wall paper. There are some fun Apps out there to choose from, my favorite is iTunes, “CoCoBokeh”, check it out. Okay ready to engage your imagination and begin?

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Step 1

Play ~

As with all my work, let's invite Deep Play! What I call when we are in the Zone or Flow. Set a time where you can step outside of your normal life and engage your inner child. Inviting our inner child to Play as we create these Affirmations, allows us to enjoy the process in the present moment, with no rules; allowing us to see through the innocent eyes of a child, with non-attachment and total enjoyment!

Remember that we are all meant to be healthy, wealthy and happy; and that obstacles are there to allow us to grow, gain wisdom and expand in new and different

ways.

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Step 2

Intuition ~

Create Sacred Space, find a quiet place where you will not be disturbed. Take a few deep breaths, clear your mind, and settle into your heart center...then answer this:

In what areas do you desire your Affirmations to support you?

Some ideas are Health, Abundance, Self-Love, Creativity, Peace/Harmony, Self-Esteem, Joy/Happiness etc.

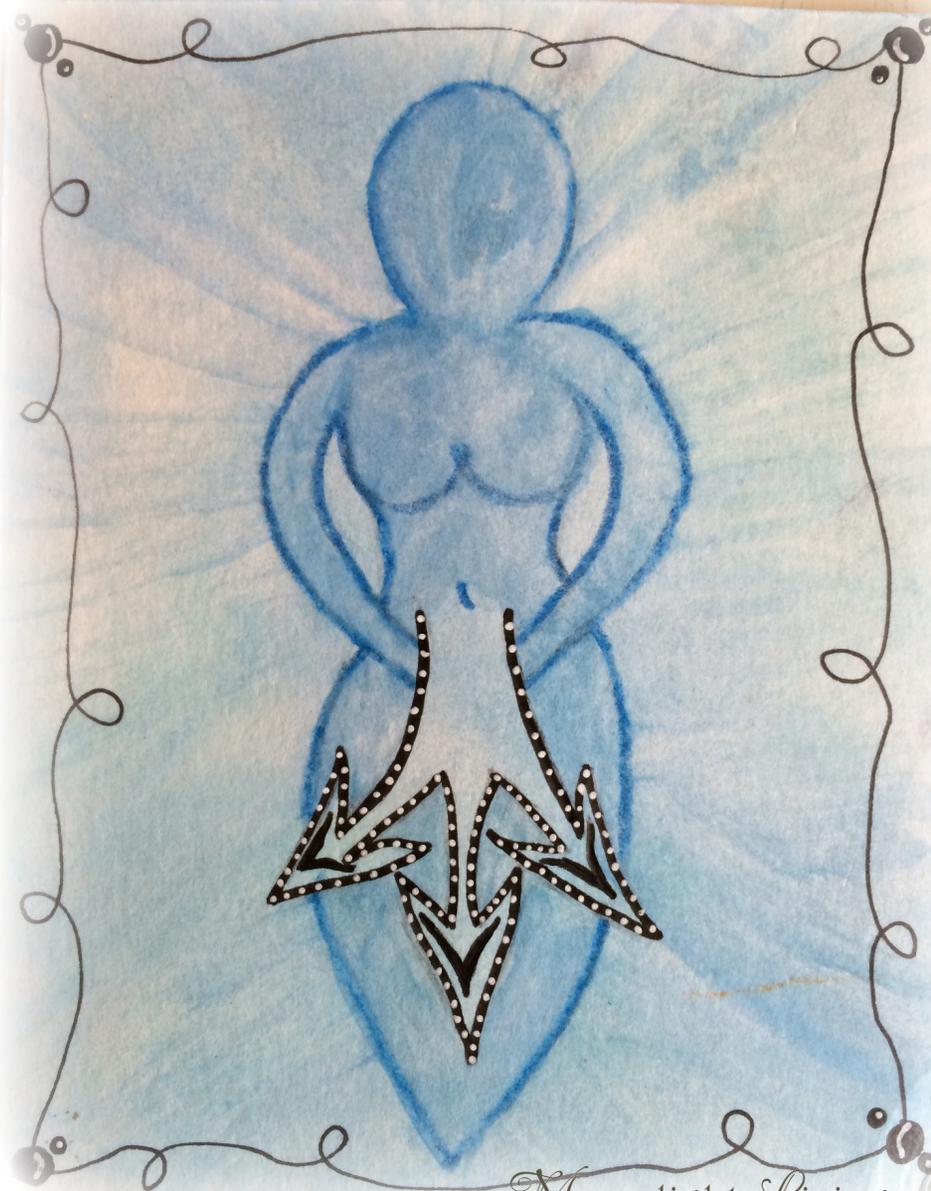


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Step 3

Choice ~

Now choose 2-3 areas where you wish to concentrate the most on at this present time in your life. Areas where you desire to raise your vibration, releasing old beliefs and fear and become active and conscious co-creator of your life. For now, just choose 2-3 to start off. You can always add to it or switch out the areas as you feel called to when you get more familiar with creating your own Affirmations.



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Step 4

Balance ~

Now explore your positive attributes, qualities, or abilities, that's right, take a deep breath and a moment to make a list of them. This way we can create a Balance between present and future.

Writing them as “I am” statements will make them into affirmations of who we are today. We tend to forget the positive and only dwell on what we'd like to Change. But there is power in accepting and appreciating who we are right now, because in doing so we empower ourselves to accept who we desire to become.



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Step 5

Connection ~

Connect emotionally to your “desire/goal” to make the Affirmation powerful. Focus on what you desire, not what you don't desire, Keep your inspirations positive...create a list of all your desires/goals in the areas you've chosen. Making your Affirmations personal keeps them real and attainable to you.



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Step 6

Action ~

Time to create our Affirmations. Here's a simple basic template I created that helped me get started. I found it helpful to get the juices flowing. Choose a Noun, make it personal, make them an "I" statement. Then choose a Verb, choose an Action and Keep it in the present tense. Lastly, add your ideal positive result. Let's start with the Noun and Verb.



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Examples

Noun

I
I am
I feel
I do
I can
I have
My
(your Name)

Verb

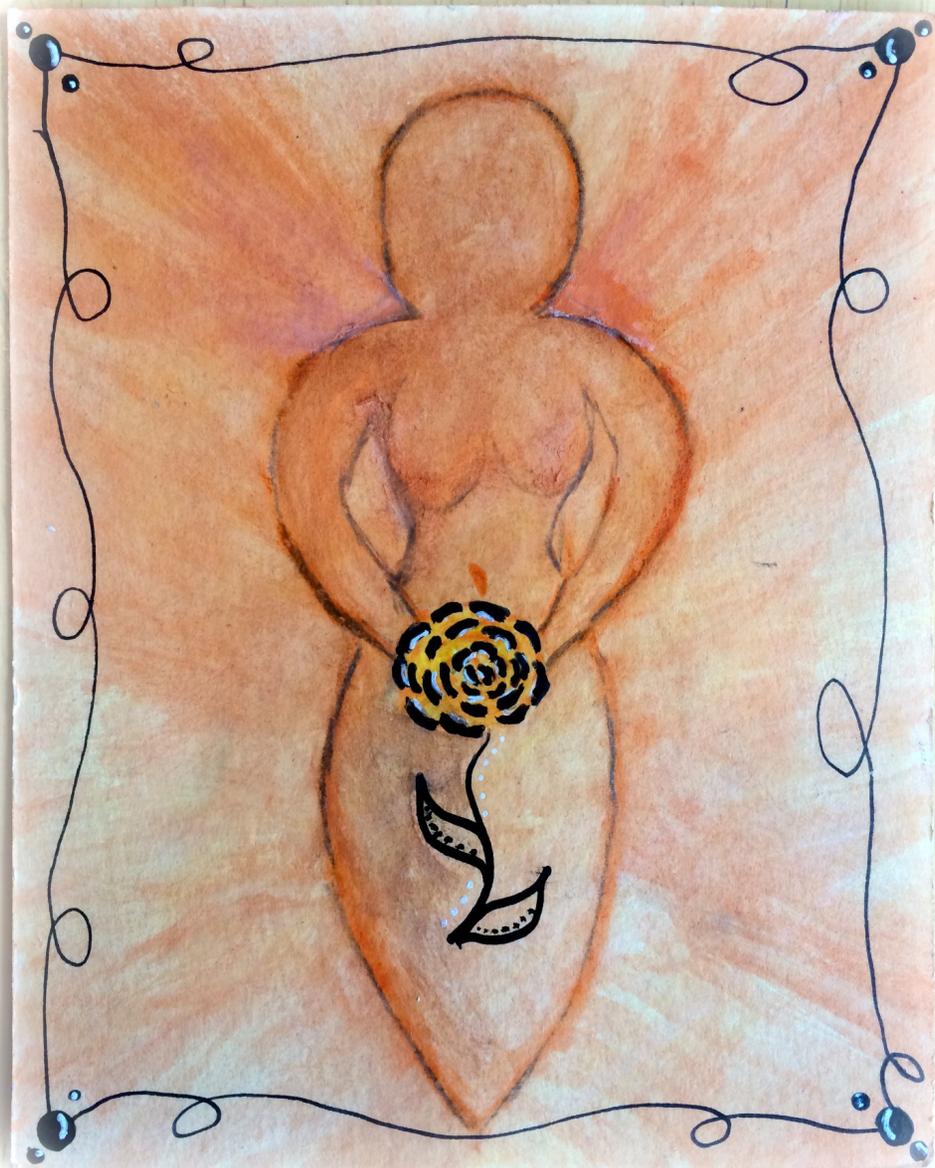
release
celebrate
aspire
willing
ready
surround
love
choose
let go
attract
(Keep growing your list)

Step 7

Gratitude ~

Choose your ideal positive result for your highest good; from a place of Gratitude, which is the core of joy. This is the outcome you desire. So this is limitless, refer to the step above where you focused on what you desire, not what you don't desire. Here's an example of a completed Affirmation:

“I am open to new possibilities.”



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Step 5

Vision ~

Now Visualize yourself or the Change you are wanting to create, *feel* what it is like when you achieve this Change, *see* it in your minds eye as its come to be. Really visualize it, engage your senses...

What does it Look like?

What does it Feel like?

What does it Sound like?

What does it Smell like?

What does it Taste like?

Make it real anyway you can.



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Step 9

Attraction ~

Write your Affirmation in a journal, in fact write it 10-20 times, this repetition helps to imprint it in your mind. Post it on sticky notes in places where you will see it regularly throughout your day. Try putting a sticky note on the dash of your car, computer, desk, refrigerator etc. You get the idea. Read it out loud, with passion, our voices are a powerful tool. Say it at least 3 times a day and every time you see it posted. Strive for it to be the first thing you think of in the morning when you wake up and the last thing you think of at night before you fall asleep.



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You can also create a wallpaper for your iPhone with the App I shared above on page 3; I'm sure there is something similar for Androids, you can put one on your lock screen and another on your home screen. You can even create one for your computer background. Put a sticky note in your purse, this way it's with you all the time.

Another great way to attract what you desire is to anchor your Affirmation with an Essential Oil.

Remember above where I shared “*If you repeat these statements over and over again you can actually Change the programming that is in your body...*”, well anchoring them with Essential Oils makes them that much more powerful. Interested in exploring this further...check out my blog post [The Magick of Affirmations and Essential Oils](#) where I share about Susan Lawton's and Rebecca Linder Hintze's book “*Living Healthy and Happily Ever After*”...a book about using Affirmations and Essential Oils for healing.

Try Singing or Chanting your Affirmations. It's a very effective way to practice Attraction, as our minds are more accepting of Affirmations when they are sung. Louise Hay supports this technique in her “*Heal Your Life*” Workshops.

We'll revisit Gratitude here...Give thanks, to Divinity, God/dess, Angels, Elements of nature, Power Animals...whatever lights your inner sparkle. Give thanks for the inspiration to create your Affirmations and for everything you already have big or small. Being Grateful in itself is powerful!

Step 10

Change ~



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Affirmations are a powerful way to create Change. They not only create situations so you can achieve your desires/goals, but they also Change your negative talk and limiting beliefs. And with Change comes growing pains. So Keep at it, don't give up. It's said that it takes 21 days (3 weeks) of repetition for positive Change. Inviting and accepting Change is as important as any of the other Principles, in order to promote growth and expansion.

Step 11

Service ~



Share your Affirmations with the world. There is no better way to be of service then to share your gifts. You never know who will be inspired or who's life will be Changed by your Affirmations. If you like to take pictures, like I do, share a photo with your Affirmation on it. You can share Affirmations on any of the Social Media sites. Don't belong to Social Media, no problem...have you ever heard of Operation Beautiful, their mission is all about ending negative self talk...by posting positive notes in random public restrooms like at work, gyms, groceries stores, etc.

MoonlightLiving.com for others to see. You can take this a step further and place your Affirmations on a book marker, on a bulletin board at a coffee shop, the Choices are endless.

About Laura Daugherty



I am an Inspired Living Creativity Coach, Certified as an ARTbundance and Creatively Fit Coach. At my core I'm a Creative at heart, Miracle Embracer, Sacred Space Holder, Nature Lover, Moon Whisper and an Alchemical Healing Channel.

Holding Sacred Space, I help you feel safe, nurtured and loved as you connect with your inner healer. During our process you feel emotions and find release, receiving knowledge from within. Energies, Vibrations, Emotions and Consciousness are transformed from one form to another. This promotes alignment to help you achieve your most Vibrant, Juicy Life. We utilize Co-Creative Coaching, Art, Journaling, Essential Oils and modalities such as Aromatherapy, Affirmations, Chakra Balancing, Energy Work like Reiki and Energy Clearings, healing with Crystal Jewelry, etc. allowing you to live an empowered life with Grace and Ease.

Because when we are empowered, we walk in beauty and love; our inner light shines bright. We lead the way for others and together heal this beautiful planet Earth.

Let's Connect!

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[Facebook.com/groups/MoonlightEssentialsTips](https://www.facebook.com/groups/MoonlightEssentialsTips) ~ join the group to learn more about pure therapeutic Essential Oils.