THE MIRACLE MORNING

Affirmation

Date:

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| *What do I want?* |  |
| How you want your life to look in every area. |
| *Why do I want it?* |  |
| Clarify your motives and ask yourself *why* you want what you want. |
| *What am I committed to doing in order to get there?* |  |
| Ask yourself what you are committed to doing to get your life there or to improve it. |

Once you have created your affirmation, read it out to yourself at least once a day.