

THE MIRACLE MORNING

Affirmation

Date: _____

<i>What do I want?</i>	
How you want your life to look in every area.	
<i>Why do I want it?</i>	
Clarify your motives and ask yourself <i>why</i> you want what you want.	
<i>What am I committed to doing in order to get there?</i>	
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.