



**TOP
SECRET**

Mission:

Affirmations and You

MISSION BRIEF

MISSION

To create and practice affirmations that works for you in this current moment .



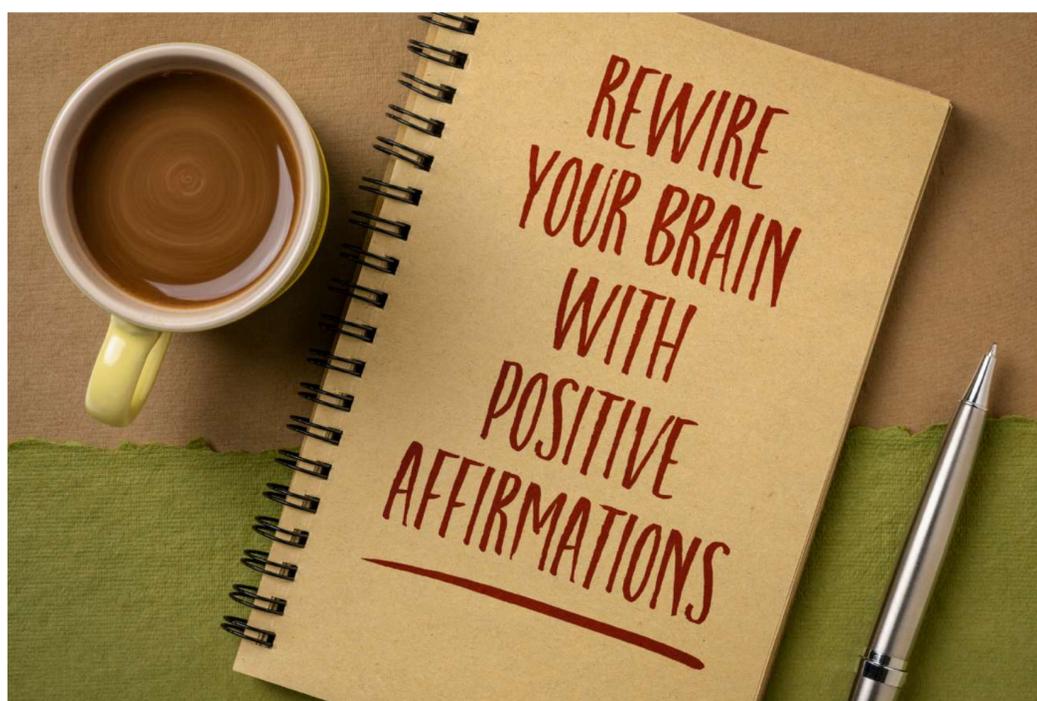
Est. Time Required: 30min - 2hrs

Your Mission



Approx Time Frame: 30 days

Affirmations to create and practice affirmations that work and empower you in this current moment.



MISSION ACTION PLAN

For the Mission you will need:

- Pen**
- Paper**
- Tape**
- A Recording Device (cellphone, computer etc...)**
- Music (Optional)**



TIP

Including an audio recording with music increases the strength of the affirmation.

MISSION ACTION PLAN

Where to start?



Starting by reflecting on what you want to improve or change.

Is it your confidence, your time, your money or perhaps family support etc...?



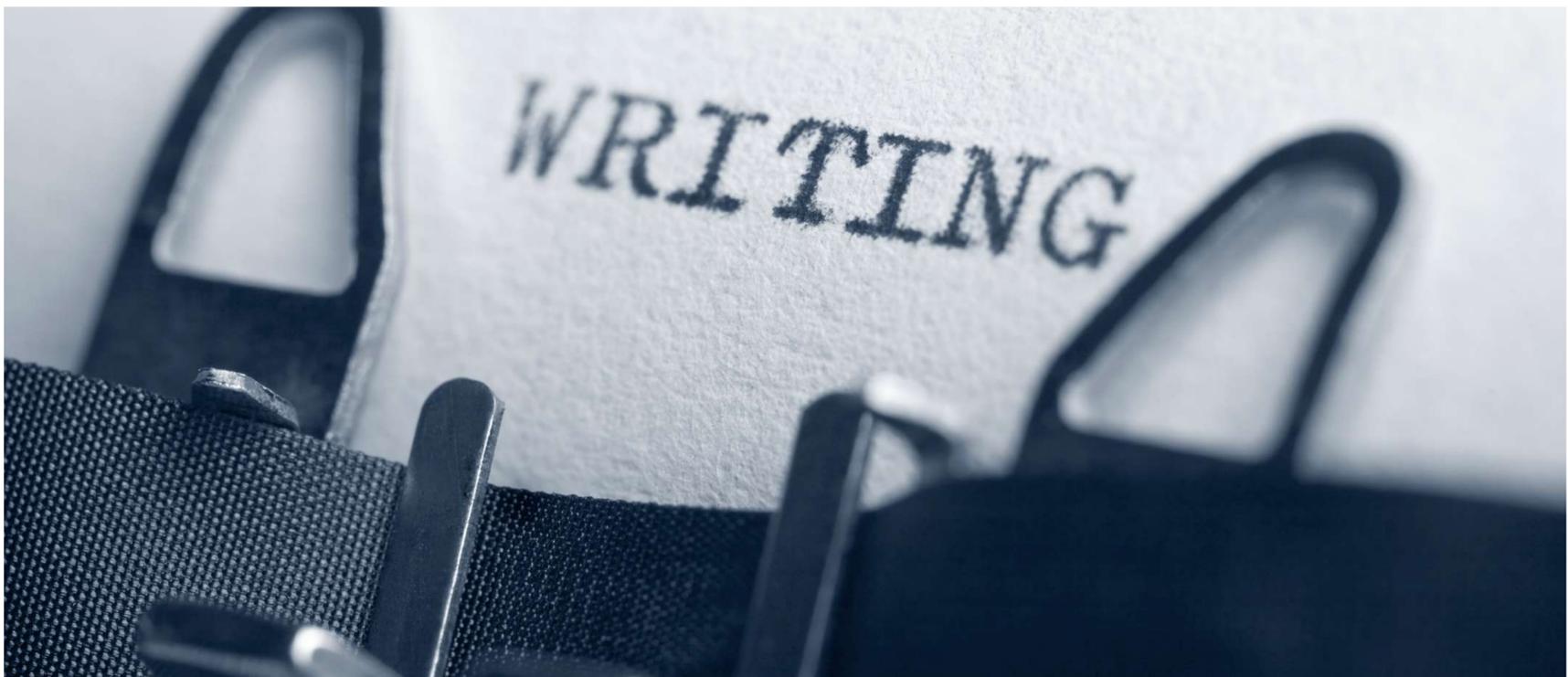
TIP

Breaking down what you want to improve in smaller more manageable affirmations can help keep focused and attain the desired change.

MISSION ACTION PLAN

Monitor your progress

As part of your mission, you will need to monitor your progress. Taking notes of how you felt during the mission and noting any changes will help you along the way to report back your findings.



TIP

Even if you don't believe in affirmations, it's fine. But go through it with positive emotions in mind when writing, it makes all the difference.

MISSION ACTION PLAN

Now, Create Your Affirmations

Level 1

Wording is key

There are a few key elements that you need to include for a strong affirmation which are:

- Write in the present tense;
- Keep them brief and to the point;
- only use positive wording (avoid using cannot or will not);
- keep it simple and achievable.

We highly recommend starting your affirmation with the two most powerful words:

I AM...

or if that doesn't work, use:

I HAVE...

Now go and start writing your affirmations!



TIP

You want to create between 5 or 10 affirmations and these need to be about yourself.

MISSION ACTION PLAN



Take the time to celebrate this win.

Now, rest-up!

Your next level: Record It

MISSION ACTION PLAN

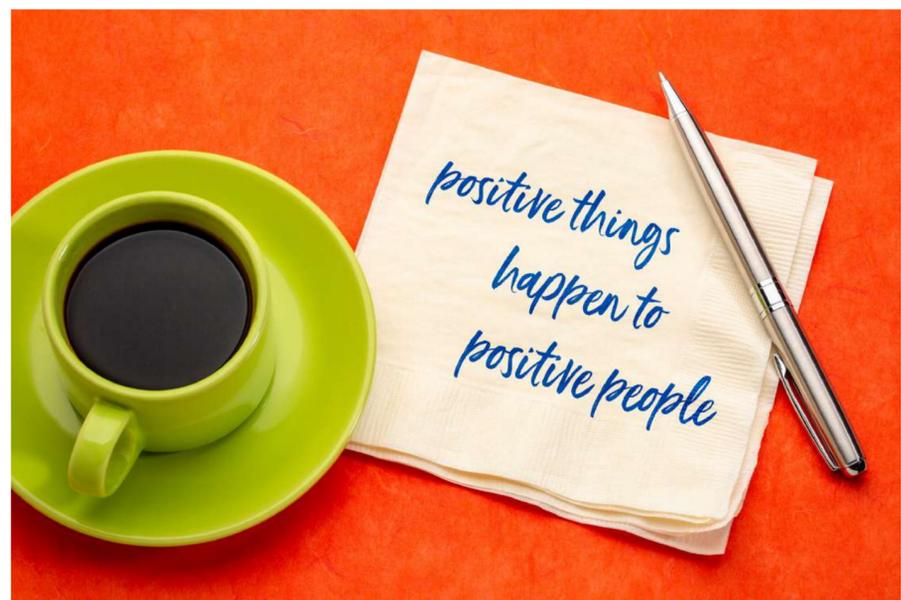
Let's Hear It

Level 2

Record It

By listening to your recorded affirmations and repeating them at the same time, every day for one month and more, you are imprinting these new ideas into your subconscious mind. It will help in changing unhealthy and negative thinking you may have. You are creating a positive subconscious mind transformation.

- Preferably: Use your own voice to record your affirmations (but you could ask someone, if needed, just to make sure it's done).
- Speak clearly and confidently.
- Say it with belief and mean it!



TIP

Including a soft, calming background music with your affirmations can set the mood to reduce the stress.

MISSION ACTION PLAN



Take the time to celebrate this win.

Now, rest-up!

Your next level: Practicing and Doing It.

MISSION ACTION PLAN

Ready, Set, GO!

Level 2

Practicing

Practice creates positive change.

- Practice by speaking it for 3- 5 minutes, when you wake up in the morning and before going to bed at night.
- Be in a relax state before, use the Doers Reset if needed.
- Feel a positive emotion when saying your affirmations.
- It can be: -->Out loud, with conviction
or
-->Silently, in your head
- In front of a mirror, when you can.

And remember to
REPEAT about 7 to10
times.



TIP

You may see small results but keep going, it takes on average 90 days to really see the impact of your affirmations.

MISSION ACTION PLAN



Take the time to celebrate this win.

Now, rest-up!

You are almost done your mission.

MISSION ACTION PLAN

Completing Your Mission

Now that you are almost done your mission the last level is to set-up your affirmations.

- Tape the affirmation sheet to your mirror. or have it nearby when you wake-up in the morning.**
- Schedule it in your calendar or routine**
- Repeat your affirmations morning and night.**
- [OPTIONAL] Share your affirmations in your Progress Log in the Community**



[https://doers.academy/
community/index.php?
/forum/5-progress-logs](https://doers.academy/community/index.php?/forum/5-progress-logs)



TIP

Starting with positive affirmations at the beginning of the day will set the tone and get you started in a positive mindset for a great day.

MISSION ACTION PLAN



★ CONGRATULATIONS ★

On a successful mission, the final step is to report back to us with details of how you handled this assignment and the results you achieved.