**Day 4 Exercise: Elaborating on Affirmations**

After coming this far, you must be pretty surprised that there could be this much to learn about affirmations! However, it’s likely a lot more understandable once you realize how varying affirmations can be, and how they can help you in so many different ways. And we’re not even done yet! In today’s exercises, we’ll be further exploring the types of affirmations listed in today’s lesson and finding potential uses for them in your life.

**Step 1: What constitutes happiness, in your opinion? What would you need in life to be truly happy? What affirmations could help you to reach these goals?**

**Brainstorm Your Ideas Here:**

**Step 2: Try to consider yourself from an outside view. How would you describe your life? Just like we’ve done in the past with affirmations, try changing negative thoughts to positive ones. For example, you may switch “I feel like I’m not getting to where I need to go fast enough” to “I’m proud of what I’ve accomplished thus far”.**

* Attribute/Affirmation 1:
* Attribute/Affirmation 2:
* Attribute/Affirmation 3:
* Attribute/Affirmation 4:
* Attribute/Affirmation 5:

**Step 3: When reading through the benefits to using affirmations in relation to your career, which ones stuck out to you the most? Why do you think these were more significant?**

* Benefit 1:

Explanation 1:

* Benefit 2:

Explanation 2:

* Benefit 3:

Explanation 3: