

# Set & Reset Affirmations

When you find yourself in situations where you are not showing up in a way that you want and/or not able to stick to desired behaviors, it's time to create a set point within yourself.

SET:

Examples: "I am a calm and loving mother with Hunter" or "I am confident when I'm speaking" or "I am the kind of person who weighs 130 pounds"

➤ Situation:

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Goal :

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Set Point:

I am \_\_\_\_\_

when/with/who \_\_\_\_\_

➤ Situation:

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Goal :

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Set Point:

I am \_\_\_\_\_

when/with/who \_\_\_\_\_