

Affirmations

Mindset is a critical component of relationship transformation. When things are not going well they play over in your mind like a broken record.

- This is never going to work
- It seems hopeless
- We ALWAYS ...
- We NEVER
- I'm not good enough
- I don't know what to do
- and on and on...

I think anything is possible if you have the mindset and the will and desire to do it and put the time in.

~Roger Clemens

1. What negative things have I been saying to myself about myself?

2. What negative things have I been saying to myself about our marriage?

3. What impact has my mindset had on how the two of us relate to one another?

4. What are the positive things that I can say about myself?

5. What are the positive things that I can say about my marriage?

6. I want to focus on _____ in my marriage.

It's time to make something different happen in your marriage. It's time to start with what is going on between your ears. It's time to change the message and rewrite your mental message. Keep in mind that an affirmation needs to be Positive, Emotional, Present Tense, and Action-Oriented.

7. My new affirmation is:
