

AFFIRMATIONS + CHALLENGES

A SELF-REFLECTION PRACTICE FOR CREATIVES



AFFIRMATIONS:

I EMBRACE...

I AM...

I AM READY TO...

I AM ALLOWING...

I AM OPEN TO...

I AM WORKING ON...

WHAT I HAVE TO GIVE IS...

I AM BIRTHING...

CHALLENGES:

I HOLD BACK BECAUSE...

IN THE PAST, I HAVE TRADED CREATIVITY FOR...

I NEED SUPPORT WITH...