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# 7 DAYS OF AFFIRMATION MINI ROUTINES

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A 2-minute daily practice

This is a simple 7-day routine designed to help you turn affirmations into real-life evidence. You don't need motivation or the "perfect mood" to start.

## HOW TO USE THIS

- Choose one affirmation each day (or use the suggested one).
- Do the 4-step routine: Read, Breathe, Write, Act.
- Keep your action small and doable. Use one of the suggested actions or choose your own.
- Repeat the 7 days anytime you need a reset.

### BEST TIMING

- *Morning*: set your focus for the day
- *Evening*: reflect and note what shifted

### GENTLE REMINDER

Small counts. Consistency beats intensity.

# DAY 1 – SAFETY & SELF-TRUST

A 2-minute practice

## TODAY'S AFFIRMATION

“I trust myself to handle what comes next.”

## BREATHE

Inhale slowly through your nose.  
Exhale gently through your mouth.  
Do this 5 times.

## WRITE

If I trusted myself today, I would...

## ACT

Choose one small action today that matches this focus.

Make one decision without asking for reassurance  
Choose one priority and commit to it  
Stop revising and move forward

## CLOSE

Safety grows through small choices.

# DAY 2 – FOCUS & CLARITY

A 2-minute practice

## TODAY'S AFFIRMATION

“I focus on what matters right now.”

## BREATHE

Inhale slowly through your nose.

Exhale gently through your mouth.

Do this 5 times.

## WRITE

If I were clear today, I would...

## ACT

Choose one small action today that matches this focus.

Choose one task and ignore the rest

Write a short to-do list (max 3 items)

Finish something instead of starting something new

## CLOSE

Clarity comes from choosing, not thinking.

# DAY 3 – CONSISTENCY

A 2-minute practice

## TODAY'S AFFIRMATION

“I show up consistently, even in small ways.”

## BREATHE

Inhale slowly through your nose.

Exhale gently through your mouth.

Do this 5 times.

## WRITE

If consistency were easy today, I would...

## ACT

Choose one small action today that matches this focus.

Do 5 minutes of the habit

Open the document and add one line

Prepare tomorrow's habit in advance

## CLOSE

Small repeats build trust.

# DAY 4 - SELF-WORTH

A 2-minute practice

## TODAY'S AFFIRMATION

“My worth doesn't depend on performance.”

## BREATHE

Inhale slowly through your nose.

Exhale gently through your mouth.

Do this 5 times.

## WRITE

If I valued myself today, I would...

## ACT

Choose one small action today that matches this focus.

Rest without guilt

Say no to something draining

Stop over-explaining

## CLOSE

Worth doesn't need to be earned.

# DAY 5 – MOMENTUM

A 2-minute practice

## TODAY'S AFFIRMATION

“Momentum is built through movement.”

## BREATHE

Inhale slowly through your nose.

Exhale gently through your mouth.

Do this 5 times.

## WRITE

To create momentum today, I will...

## ACT

Choose one small action today that matches this focus.

Start before feeling ready

Take the next obvious step

Reduce friction and begin

## CLOSE

Movement creates energy.

# DAY 6 – CALM CONFIDENCE

A 2-minute practice

## TODAY'S AFFIRMATION

“I move forward with calm confidence.”

## BREATHE

Inhale slowly through your nose.

Exhale gently through your mouth.

Do this 5 times.

## WRITE

If I acted calmly today, I would...

## ACT

Choose one small action today that matches this focus.

Slow down instead of rushing

Respond instead of react

Trust what I already know

## CLOSE

Confidence can be quiet.

# DAY 7 – INTEGRATION

A 2-minute practice

## TODAY'S AFFIRMATION

“I recognize my progress.”

## BREATHE

Inhale slowly through your nose.  
Exhale gently through your mouth.  
Do this 5 times.

## WRITE

This week showed me that...

I'm learning to trust...

## ACT

Notice one shift from this week, even if it's small.  
Write it down as proof.

## CLOSE

Integration is progress too.