

PILLARS OF PERSONHOOD'S  
10 COACHING

# Affirmations

Forget all the things you shouldn't do.

**AFFIRM THE AMAZING YOU THAT YOU ARE**

*Thou shalt embrace thy highest self, taking time to find thy true face and proudly display it.*

*Thou shalt be grounded in respect for thyself, understanding what that means for thyself.*

*Thou shalt be generous in spending thy greatest non-renewable asset—Time—  
on the renewing of thyself.*

*Thou shalt honor the rich soil from which thou sprung, knowing that  
thou may sow whatever thou wish to reap in that inheritance.*

*Thou shalt delight in the unexpected joys of life.*

*Thou shalt live into the values that represent thy authentic self.*

*Thou shalt remember that thou are enough and worthy just for being.*

*Thou shalt embrace thy Truth and revel in the power of truth telling.*

*Thou shalt confer with thy Inner Wisdom in all matters, big and small.*

*Thou shalt be grateful and gracious to thy Inner Critic, hearing its warnings wisely  
and with a grain of salt.*

