



Affirmations: Your Passport to Happiness

with Dr. Anne Marie Evers and Kate Large

"Affirmations used properly, Always Work!"
~Dr. Anne Marie Evers

This is your handout for the Affirmations: Your Passport to Happiness webinar.

The 5 "W's" of Affirmations:

1. What: _____

2. Where: _____

3. When: _____

4. Why: _____

5. Who: _____

Master Affirmation should include:

1. _____
2. _____
3. _____
4. _____

HOW - the Personal Affirmation Contract Method by Dr. Anne Marie Evers

This is a fun, creative, anchoring method!

5 Building Blocks for Affirmations:

1. _____
2. _____
3. _____
4. _____
5. _____

SAMPLE MASTER AFFIRMATION

(Affix a picture or sketch of what you are affirming. This gives subconscious mind something upon which to focus)

“I, _____ (your name)
DESERVE and NOW HAVE/AM

(Write your Affirmation here)

to the good of all parties concerned. Thank you, thank you, thank you!”

I fully accept

Signed _____ Dated _____

NOTE

When you sign and date your Master Affirmation, you have made a firm and binding contract with God/Creator, Higher Self, Universal Power or whomever you believe in.

Use words that trigger positive feeling and emotion in your body.

Make your Master Affirmation colourful as colour wakes up and excites the subconscious mind.

MASTER AFFIRMATION CHECK LIST

- _____ Is it specific, stating exactly what you desire?
- _____ Is it heartfelt and emotionally charged and does it resonate with you?
- _____ Do you feel it in your body?
- _____ Did you release negative feelings and beliefs?
- _____ Have you added the words 'Deserve and now have/am'?
- _____ Is it colourful, exciting and interesting?
- _____ Is it designed not to hurt or to take from anyone?
- _____ Does it contact the safety clause, 'to the good of all parties concerned'?
- _____ Is there at least a 51% believability factor that the Affirmation can manifest as affirmed?
- _____ Did you say Thank you three times?
- _____ Do you really and truly want what you are affirming for?
- _____ Did you sign and date your Master Affirmation?
- _____ Did you make it colourful?
- _____ Did you have fun?
- _____ Did you say 'Yes' to the Universe?
- _____ Did you read create and read each Affirmation separately, placing it on a separate page? It is a good idea to start with about 3 of the most important Master Affirmations at each sitting.

If you answered 'Yes' to all the above questions, congratulations you have just completed your first Master Affirmation in your Personal Contract Affirmation Method!

SAMPLE MASTER AFFIRMATION FOR LOVE RELATIONSHIP

"I, (your name)
DESERVE AND NOW HAVE a loving, lasting, happy, committed relationship
(which turns into marriage) with the perfect person for me. This person is
about

(Write the description of the person here)

We enjoy similar interests. The power of my subconscious mind knows where this person is and brings us together in its own special way. We live together in love, harmony and joy. We are happy to the good of all parties concerned. Thank you, Thank you, Thank you."

I fully accept

Signed _____ Dated _____

NOTE

Now you have made a firm and binding contract with God/Creator, Universal Mind, Higher Self or whomever you believe in.

SAMPLE MASTER AFFIRMATION FOR CAREER

"I, _____ (your name)
DESERVE AND NOW HAVE the perfect, lasting, successful career for me
where in I receive in excess of \$ _____ (monthly/yearly). Specify net
or gross. My employers are happy with my excellent work and reward me
accordingly with bonuses, regular raises, etc.

(Write what ever you wish about your new career here)

I have and enjoy a happy, harmonious work place and wonderful supportive
fellow employees and everyone connected therewith.

I use my creative abilities and love going to work. I am happy and fulfilled to
the good of all parties concerned. Thank you, thank you, thank you."

I fully accept

Signed _____ Dated _____

NOTE

Now you have made a firm and binding contract with God/Creator,
Universal Mind, Higher Self or whomever you believe in.

SAMPLE MASTER AFFIRMATION FOR ABUNDANCE/MONEY

"I, (your name)
DESERVE AND NOW HAVE receive abundance in every part of my life. I receive in excess of (\$_____) extra money. I use this money wisely and to the good of all. I have all the money I require to pay all my bills on time, take vacations, purchase that new home/car and create a healthy savings account. Etc.

(Write what ever you wish about money here)

I shift my energy to prosperity consciousness where money is concerned. I am worthy and deserving to receive a surplus of money that brings my heart joy.

I have the wallet of spirit - I fearlessly send money out, blessing it on its way and immediately my wallet is filled, crammed jammed with money!

Money is my best friend and I easily give and receive for the highest good of all. Thank you, Thank you, Thank you.

I fully accept

Signed _____ Dated _____

Now you have made a firm and binding contract with God/Creator, Universal Mind, Higher Self or whomever you believe in.

SAMPLE MASTER AFFIRMATION FOR HEALTH

“I, _____ (your name)
DESERVE AND NOW HAVE radiant health. I am becoming healthier and healthier. Divine energy flows into every part of my body, revitalizing and rejuvenating every part. I eat the right foods for my body, exercise, meditate and take loving care of my body.

(Write the description of your particular health challenge)

I love being healthy, happy and fulfilled to the good of all parties concerned.
Thank you, thank you, thank you.”

I fully accept

Signed _____ Dated _____

Now you have made a firm and binding contract with God/Creator, Universal Mind, Higher Self or whomever you believe in).

Dr. Anne Marie Evers

Dr. Evers is a best selling author on the power of properly done Affirmations. Her main book, *Affirmations Your Passport to Happiness* is now in its 8th edition and available on Amazon.

- She is a member of the Canadian Guidance and Counselling
- International Motivational Speaker
- Radio/Internet Talk show Host from Coast to Coast
- Holds Certificates in Child Psychology 212
- Ordained Minister
- Doctor of Divinity
- Creator and Reader of the popular Cards of Life

Awarded *Honorary Doctor of Philosophy* by Moffett University for her lifetime achievements and dedication in uplifting, educating and empowering people worldwide. Her significant contribution to the world of self-realization, psychology, personal development optimize the human spirit and speak to the oneness and potential for good available in all people.

You may learn more about Dr. Evers at her website by pointing your browser here:
www.AnneMarieEvers.com

Kate Large

Kate is the founder of Soul Kisses Spiritual Whispers, an online resource for spiritual awakening, healing and growth. She is a spiritual practitioner and teacher of hope and infinite possibility. Through her teachings, she holds the space for the Soul Kisses Community to reconnected with their angelic entourage of higher self, angels, teachers, guides and deceased loved ones. Kate believes creating your version of Heaven on Earth - your most excellent Square of Life and everything in between - is not only possible, but your birthright. *Her classes, programs and meditations have helped thousands around the world connect with the life force energy of love within them to transform their lives in magical, beautiful ways to create their best life ever!*

Now Kate is collaborating with Florence Scovel Shinn to present *The Game of Life Mastery Program* based on *The Game of Life Workbook*. You may join the powerfully advanced manifestation group by pointing your browser here:
www.TheGameOfLifeMastery.com

To become a member of the Soul Kisses Community and access your physical world tools to experience transformation and expansion into a higher state of BE-ing, point your browser here: www.SoulKisses.com.