

HOW TO MAKE AFFIRMATIONS WORK (LIKE, ACTUALLY WORK)

**A quick guide to using the Custom Affirmation Generator to shift
your energy, beliefs, and reality.**



WHY MOST AFFIRMATIONS DON'T STICK

Let's be honest — you've probably said affirmations before. "I'm confident." "I'm wealthy." "I'm magnetic."

But if your life doesn't look much different afterward... it's not because you "did it wrong." It's because your subconscious didn't buy it.

Your subconscious runs about **95%** of your thoughts, emotions, and habits...*it's the quiet force that's actually manifesting your reality.*

If it still believes money is hard to make or being seen isn't safe, no amount of "I'm abundant" pep talks will stick.

Here's the deal:

Generic affirmations don't work because they're not made for you. They don't speak to your block, your story, or what your subconscious needs to feel safe believing.

That's where the magic of personalized affirmations comes in. They meet you where you are and gently retrain your mind to see and receive something new.

Common Affirmation (generic)	Personalized Affirmations
"I'm rich and successful."	"Money can come to me easily."
"I'm confident in all I do."	"It's safe for me to be seen as I am."
"I attract love effortlessly."	"It's safe to be loved for who I am."

HOW THE GENERATOR WORKS

The Custom Affirmation Generator isn't just a cute little tool, it's a full-on subconscious shift.

It walks you through:

- What you want to manifest
- What's been getting in the way
- And the exact words your subconscious needs to hear to open that door

You're not just saying a new sentence. You're reprogramming the belief that built your old reality — and replacing it with one that matches the version of you who already has what she wants.

“When your affirmation speaks to the belief, not just the desire, your mind finally relaxes and lets the magic in.”

HOW TO USE IT

Once you've got your custom affirmation, here's how to make it real:

1. **Say or think it.** Not on repeat like a robot — say it like you mean it, like you're reminding your mind who you are.
2. **Feel it.** Let it land in your body. Feel what it would be like if this was already true. That emotion is the frequency that tells the universe, “we're ready.”
3. **Live it.** Ask yourself: “How will I live this affirmation today?” That's embodiment — when your thoughts, emotions, and actions start working together. That's when everything around you begins to shift.

Each time you do this, you're proving to your subconscious that this new version of you is safe, real, and here to stay.

CREATE YOURS NOW

If you're new to ChatGPT, don't worry, it's simple.

Tap the link below. You'll answer a few questions, like we're having a mini coaching session. Be honest, even if your answers feel messy or raw (that's the good stuff). That's where the real shifts start.

When you finish, you'll get a few affirmations.

Read them slowly, and pick the one that feels like an exhale — the one your body goes “yes” to. That's your match.

ACCESS HERE

This is where your rewiring begins... and your next reality takes shape.

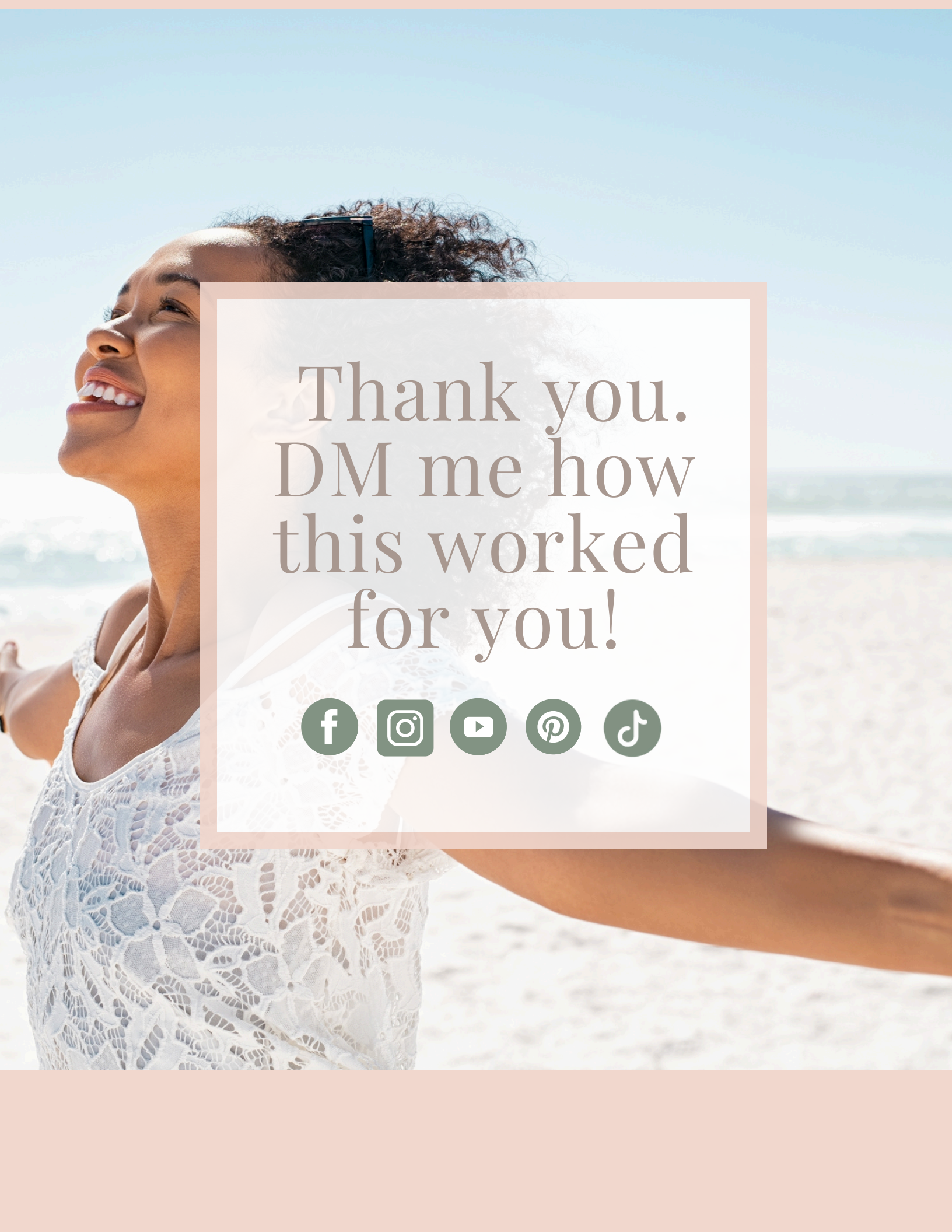
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WANT TO GO DEEPER?

Explore Manifest SHE™ Coaching On Demand.

Your personalized manifestation sessions so you can rewire, embody, and manifest on repeat.

EXPLORE HERE

A smiling woman with curly hair, wearing a white lace top, stands on a sandy beach with the ocean in the background. A semi-transparent white box with a peach border is centered over the image, containing text and social media icons.

Thank you.
DM me how
this worked
for you!



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