



AUTHENTIC ARMOUR
philosophy + lifestyle

AFFIRMATIONS:
CREATIVITY

WHAT ARE AFFIRMATIONS?

Affirmations are positive statements or phrases that you repeat to yourself regularly to reinforce a desired belief, behaviour, or outcome. They are used to challenge and overcome negative thoughts and beliefs, replacing them with more empowering and constructive ones. Affirmations are often used in practices like positive thinking, self-improvement, and personal development to help individuals cultivate a positive mindset, boost self-confidence, and manifest their goals and desires.

By consistently repeating affirmations, individuals can reprogram their subconscious mind and create a more positive and supportive internal dialogue.



- I am a vessel of creative energy, constantly flowing and evolving.
- My imagination knows no bounds, and I am open to endless possibilities.
- I trust in my unique creative vision and express it freely.
- I am inspired by the beauty of the world around me, finding creativity in every moment.
- I embrace experimentation and allow myself to make mistakes in the pursuit of innovation.
- I honour my creative impulses and give myself permission to explore them fully.
- I am a conduit for divine inspiration, channeling creativity from the universe.
- I welcome creative challenges as opportunities for growth and expansion.
- I trust in the creative process and surrender to its flow, knowing that inspiration will always find me.
- I release any fear or doubt that may block my creative expression, allowing my imagination to soar.
- I surround myself with beauty and positivity, nurturing my creative spirit.
- I find joy in the act of creation, celebrating each step of the creative journey.
- I am a creator, bringing new ideas and visions into existence with passion and purpose.
- I trust in my intuition and allow it to guide me towards inspired action.
- I am grateful for the gift of creativity and embrace it as an essential part of who I am.

