

#### **e. Engaging your affirmations in a visual, auditory, physical and emotional way**

This video will talk about engaging your affirmations in a visual, auditory, physical and emotional way.

- When you read your affirmations, put your hand on your heart and say it out loud.
- Putting your hand on your heart engages you physically and emotionally.
- Draw a vision board and put it on your mirror so you can see it every day.
- Create a mind movie so you can play it and engage as many senses as you can.
- As you read your affirmations, be sure to engage them in an emotional way. Let your emotions be your primary guide because it is the fastest way to manifest what you want.

In the final video, we will show you some guidelines for writing affirmations.