

Positive Affirmation Worksheet

Objective

This worksheet is designed to help you focus on your strengths and positive qualities to boost your self-esteem and overall well-being.

Instructions

Take your time and thoughtfully complete each section of this worksheet. Reflect on your thoughts and feelings; remember, this is a judgment-free zone. Be honest with yourself and open to exploring your positive attributes.

Things I Like About Myself

In this section, list five things you like or appreciate about yourself. These can be physical attributes, personality traits, skills, or accomplishments. Be specific and take the time to reflect on the things that make you unique and valuable.

1.

2.

3.

4.

5.

My Positive Thoughts and Affirmations

In this section, you will create five positive affirmations that resonate with you. Positive affirmations are short, powerful statements that encourage and uplift you. They can help shift your mindset, boost confidence, and promote a positive outlook.

To create your affirmations, start by selecting a topic or area you want to focus on (e.g., self-esteem, career, relationships, health). Next, write a positive statement in the present tense that reflects what you want to achieve or believe in this area. Remember to be specific and use positive language.

Example: Instead of saying, "I am not a failure," say, "I am capable of success."

Example: Instead of saying, "I am not unlovable," say, "I am worthy of love."

Example: Instead of saying, "My feelings are not wrong," say, "I am allowed to feel upset, angry, and sad, and I can express my needs."

1.

2.

3.

4.

5.

Once you have completed the worksheet, please keep it in a safe and accessible place. Review and revise your affirmations regularly, and practice repeating them to yourself daily, either out loud or silently in your mind. This will help reinforce positive thinking patterns and promote a healthier, more positive self-image.