

My Affirmations

Write your affirmations below.

Make sure they are:

- **P**ersonal – they are important to YOU
- **P**ositive – try to avoid “don’t, won’t” words
- **P**ointed – be specific
- In the **P**resent Tense – don’t worry about yesterday

Affirmation:

Affirmation:

Affirmation:

Affirmation:
