

# My Affirmations

The right affirmations can be so powerful in creating meaningful changes in your thoughts, feelings and behaviors.

*Goal:*

Complete this worksheet to create your unique affirmations & repeat them often.

What part of myself or my life do I want to focus on?



What would I like to believe or affirm about myself/my situation?



Write your affirmation here:



What is the intention behind my affirmation? (The why)



What actions can I take that will align with my affirmation?

