

My Positive Affirmation Worksheet

Step 1: What Do I Want More of Right Now?
(Circle or write what matters most to you)

- Calm
- Confidence
- Patience
- Energy
- Balance
- Joy
- Other: _____

Step 2: How Do I Want to Feel Each Day?
Write 3–5 words that describe how you
want to feel.



Step 3: The Qualities I'm Growing Into
List qualities you want to be, not things
you need to do.

1.

2.

3.

4.

5.

6.

7.

★ Circle the 1–2 qualities that feel most
important right now.



Page 3: Create

Step 4: Write Your Affirmation

Use this starter or create your own:

I am _____

and I am becoming

_____.

OR

I choose to feel

as I move through my day.

Write your affirmation here:



Page 4: Practice

Step 5: Practice & Reminder

How will you remember to use your affirmation?

- Morning routine
- Bedtime
- Phone reminder
- Sticky note
- Phone wallpaper
- Other: _____

Bonus (Optional Reflection)

How does this affirmation make you feel?

