



### My Positive Affirmation Worksheet

Take a few minutes to think about your life, your goals, and how you want to feel. Use this page to create your very own positive affirmations!

### What I Want to Improve or Change

(Write down the areas of your life you want to feel happier, calmer, or more confident about)

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# My Positive Affirmation Worksheet

How I Want to Feel Every Day

(Choose words that describe your best self or your happiest moments)

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# My Positive Affirmation Worksheet

## My Positive Affirmations

(Turn your ideas into present-tense, positive statements. Example: "I am calm and confident.")

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## My Positive Affirmation Worksheet

Extra Thought of Kindness

(Write one kind thought to yourself today. It can be about your goals, your efforts, or just YOU!)

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