

Affirmation Worksheet

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AFFIRMATIONS ARE A TOOL.

PRACTICING AFFIRMATIONS ARE A WAY TO REWIRE WHAT YOU KNOW ABOUT YOURSELF.

WRITE A LIST OF 10 AFFIRMATIONS DAILY USING THIS SEQUENCE.

The primary intention is to:

Identify who you are, why it's real, and how you can connect your whole self to this truth.

- ★ Who am I?
- ★ How do I know this is true?
- ★ How do I feel when I show up this way?
- ★ What is the need that is met when I feel this way?

Ex:

Who am I? I am beautiful.

How do I know this is true? My intentions are pure and I lead with love.

How do I feel when I show up this way? I feel confident.

What is the need that is met when I feel this way? This meets my need to be seen.

Who am I? I am powerful.

How do I know this is true? I help people move the needle every day.

How do I feel when I show up this way? I feel energized.

What is the need that is met when I feel this way? This meets my need to have a purpose.

Who am I? I am proud of myself.

How do I know this is true? I am willing to take on new challenges and push myself daily.

How do I feel when I show up this way? I feel worthy.

What is the need that is met when I feel this way? This meets my need for security and stability.

Who am I? I am a leader.

How do I know this is true? I make hard decisions regularly and walk the talk.

How do I feel when I show up this way? I feel unstoppable.

What is the need that is met when I feel this way? This meets my need to grow.

Who am I? I am worthy of success.

How do I know this is true? I do good work and put in the work.

How do I feel when I show up this way? I feel calm.

What is the need that is met when I feel this way? This meets my need for security and stability.

Affirmation Worksheet



Now, you try...

Who am I?

How do I know this is true?

How do I feel when I show up this way?

What is the need that is met when I feel this way?

Who am I?

How do I know this is true?

How do I feel when I show up this way?

What is the need that is met when I feel this way?

Who am I?

How do I know this is true?

How do I feel when I show up this way?

What is the need that is met when I feel this way?