

Positive Affirmation Worksheet

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Objective This worksheet is designed to help you focus on your strengths and positive qualities to boost your self-esteem and overall well-being.

Instructions Take your time and thoughtfully complete each section of this worksheet. Reflect on your thoughts and feelings; remember, this is a judgment-free zone. Be honest with yourself and open to exploring your positive attributes.

SECTION I. CLIENT INFORMATION

Full Name: _____ **Date of Birth (Day/Month/Year):** _____ dd / mm / yyyy

Hobbies/Interests:

SECTION II. THINGS I LIKE ABOUT ME

In this section, list five things you like or appreciate about yourself. These can be physical attributes, personality traits, skills, or accomplishments. Be specific and take the time to reflect on the things that make you unique and valuable.

1.

2.

3.

4.

5.

SECTION III. MY POSITIVE THOUGHTS AND AFFIRMATIONS

In this section, you will create five positive affirmations that resonate with you. Positive affirmations are short, powerful statements that encourage and uplift you. They can help shift your mindset, boost confidence, and promote a positive outlook. To create your affirmations, start by selecting a topic or area you want to focus on (e.g., self-esteem, career, relationships, health). Next, write a positive statement in the present tense that reflects what you want to achieve or believe in this area. Remember to be specific and use positive language. Example: Instead of saying, "I am not a failure," say, "I am capable and successful."

1.

2.

3.

4.

5.

Once you have completed the worksheet, please keep it in a safe and accessible place. Review and revise your affirmations regularly, and practice repeating them to yourself daily, either out loud or silently in your mind. This will help reinforce positive thinking patterns and promote a healthier, more positive self-image.