

Affirmation List

IDENTIFICATION WORKSHEET

Underline what applies. List any additional affirmations you want to internalize

I AM A STRONG PERSON

I AM DETERMINED AND SUCCESSFUL

I AM A GOOD AND WORTHWHILE PERSON

I HAVE INNER STRENGTH AND RESOURCES

I AM CONFIDENT AND COMPETENT

I HOLD MY HEAD UP HIGH

PEOPLE LIKE ME – I AM A LIKEABLE PERSON AND I LIKE MYSELF

I CARE ABOUT OTHER PEOPLE

I AM NEEDED AND WORTHWHILE

I AM A LOVING PERSON

I HAVE A LOT TO BE PROUD OF

I HAVE ALL THAT I NEED

I CAN ACHIEVE ANYTHING I WANT TO ACHIEVE

I MAKE WISE DECISIONS BASED ON WHAT I KNOW

I HAVE SET MY GOALS AND AM MOVING TOWARDS THEM

I ACCEPT MYSELF AS A UNIQUE AND WORTHWHILE PERSON

MY LIFE HAS MEANING AND PURPOSE

I AM IN CONTROL OF MY CHOICES

I HAVE MANY OPTIONS AND CAN MAKE WISE DECISIONS

EVERYTHING IS GETTING BETTER EVERY DAY

I AM HEALTHY AND HAVE ALL THAT I NEED

I KNOW I CAN MASTER ANYTHING IF I

PRACTICE IT CONTINUALLY

I HAVE MY INTUITION AND WISE JUDGEMENT–

I CAN SEEK INNER GUIDANCE WHENEVER I NEED TO
MY LIFE PURPOSE CAN BE WHATEVER I CHOOSE IT TO BE

ALL IS WELL, RIGHT HERE, RIGHT NOW