

Affirmation Writing Worksheet

Write a description of yourself the way you want to be. Do you want to be intellectual, outgoing, courageous, confident, kind, generous...? You make the list. Take some time to think it through. What kind of habits do you want to have? Do you want to exercise daily? Pray? Meditate? Write out a description of the ideal you.

Qualities

List five to ten qualities about yourself that would contribute to your success and that you would like to be part of the ideal you.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Each affirmation should

1. Start with "I am."
2. State the quality or attitude you want to be a part of the new ideal "you."
3. Have a statement that expands, clarifies, or exemplifies your new quality or attitude.
4. Be specific about the description of the new you.

I am confident. I am confident in myself, in my ideas, and in my abilities. I am confident in those who support me, especially my wife, family, friends, and business associates.

I am creative. I have great ideas and pursue them confidently and vigorously.

I am resilient. I do not panic at problems or complain about setbacks. I know that every adversity can be overcome with faith, patience, endurance, creativity, and hard work. Every adversity I overcome makes me stronger.

List five to ten daily habits that you would like to be part of the ideal you.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Once you know who you want to be, create affirmations that reinforce the ideal you.

Each affirmation should

1. Start with "I am.
2. Include an emotionally charged adverb
3. Include a strong verb
4. Be specific about the description of the new you

I am enthusiastically meeting new clients wherever I go.

I am joyously playing with my children for an hour at least three times a week.

I am happily studying 30 minutes each evening for my certification exam.

Write an affirmation for each of your ideal qualities and habits.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____
