

Positive Affirmations Worksheet printable

What is the theory behind this Positive Affirmations worksheet?

Positive affirmations are a powerful self-help tool that use positive phrases or statements to counter negative self-talk and negative thoughts. These phrases are repeated multiple times and are aimed at increasing one's self-esteem, self-confidence or simply to act as a motivational push in the right direction.

How will the worksheet help?

This worksheet will help individuals make their own positive affirmations that they can use when faced with certain situations. This practice will help them gather some affirmations that they can readily use in times of need.

How to use the worksheet?

Write positive affirmations that you can say to yourself in the mentioned situations. Think about what has helped in the past. You can phrase your positive affirmations anyway you like but beginning with '*I am...*' can help you create a powerful one. After completion, It will be helpful to place the worksheet where you can view it daily.

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Positive affirmations are positive phrases that you can repeat to yourself to counter negative thoughts that are bringing you down. The use of '*I am...*' makes a powerful affirmation!

Write down some positive affirmations that can help you in the following situations.

When you make a mistake	1. 2.
When you are feeling low	1. 2.
When you are doubting your abilities	1. 2.
When you wake up and are ready to start your day	1. 2.
When you are faced with a difficult problem	1. 2.
When things seem like they are not in your control	1. 2.
	1.

When you want to motivate yourself to achieve a goal	2.
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References

[Moore, C. \(2019\) *Positive Daily Affirmations: Is There Science Behind It?*. Retrieved 14 November 2022 from https://positivepsychology.com/daily-affirmations/](https://positivepsychology.com/daily-affirmations/)

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