

Journal Prompts: Positive Affirmations

1. What are some positive affirmations you can use to start your day?
2. Reflect on a time when a positive affirmation shifted your mindset.
3. How can you challenge any negative self-talk you have with affirmations?
4. Write 5 affirmations that align with your values and goals.
5. How do you feel when you repeat positive affirmations to yourself?
6. What limiting beliefs do you need to replace with affirmations?
7. How can positive affirmations help you work through challenges or setbacks?
8. What affirmations do you need to hear in moments of self-doubt?
9. How can you create an affirmation practice that fits into your daily routine?
10. Write about a time when you used affirmations to overcome negative thoughts.