



**"I AM WORTHY."**

# **YOUR JOB SEARCH AFFIRMATION WORKBOOK**

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## INTRODUCTION

HARNESSING THE POWER OF

# Positive Affirmations

Positive affirmations are short, powerful statements that help you to control your thoughts, overcome negative patterns, and reinforce a belief in yourself.

## Why Affirmations Matter:



**Rewire Thought Patterns:** With repetition, they can change the neural pathways in your brain.



**Counteract Negativity:** They're a tool to fight back against self-doubt and fear.



**Fuel Growth:** Affirmations can serve as reminders of your capability and potential.

# How to Practice Affirmations Effectively

**Affirmations:** are positive statements that you repeat to yourself to challenge and overcome negative thoughts, build self-belief, and support personal growth. They are statements expressed in the present tense as if the desired outcome is already true (e.g., "I am confident and capable" rather than "I will be confident").

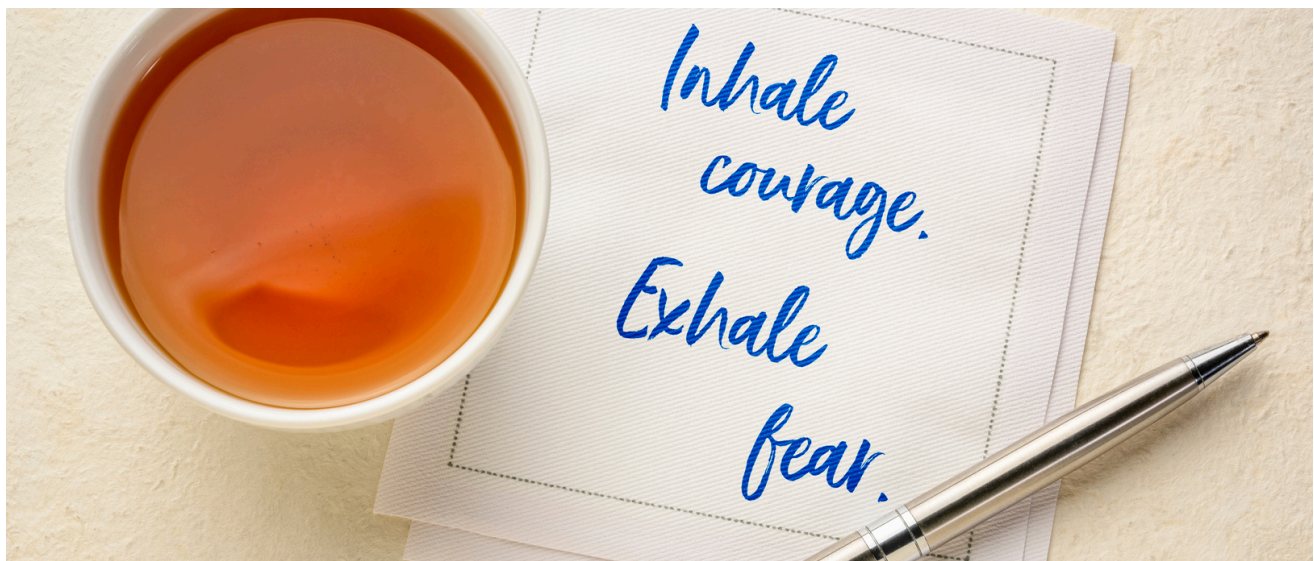
## Benefits of daily affirmations:

- Improved our self-esteem and confidence
- Reduced our negative self-talk
- Increased our motivation and focus
- Is a stress management tool
- Strengthens our focus on our goals

## How to Practice Affirmations Effectively:

- Choose statements that resonate with you personally
- Keep them specific and realistic
- Use present tense
- Make them positive
- Say them with feeling and conviction
- Consider speaking them while looking in a mirror
- Write them down in a journal or phone in notes at least three or more times daily





### **Frequency:**

Morning practice (upon waking) is particularly powerful as it sets a positive tone for the day

- Aim for at least twice daily (morning and evening)
- Additional repetition during challenging moments or when negative thoughts arise
- Some people benefit from setting phone reminders

**Example of a daily affirmation practice:** Start with 5 minutes each morning, standing in front of a mirror, making eye contact with yourself, and confidently stating: ***"I am worthy of love and respect. I face challenges with courage and wisdom. I choose to be positive and happy. I trust in my abilities and potential. My contributions matter and make a difference."***

Repeat each statement 3 times, focusing on feeling the truth of the words. As you become more comfortable, you can customize the affirmations to align with your specific goals and needs.



# Strategies:

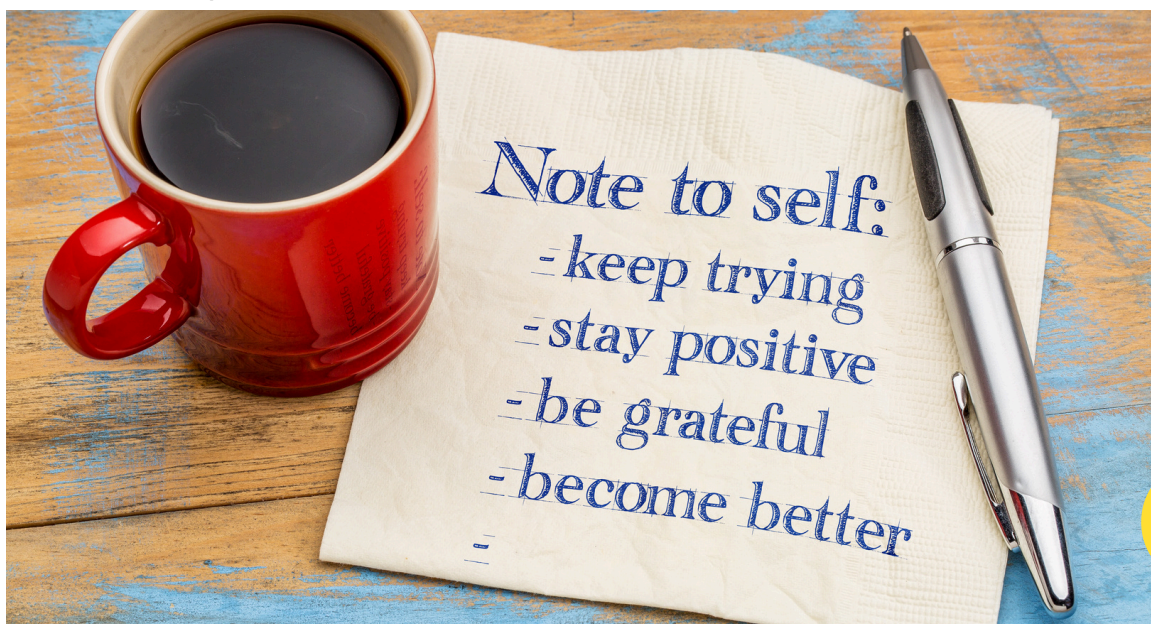
- **Here are some specific affirmations and practical strategies to support your journey:**

## Daily Affirmations:

- "I choose freedom through good decisions"
- "I am stronger than my past habits"
- "I deserve a peaceful, stable life"
- "Each clean day makes me stronger"
- "I have the power to walk away from temptation"
- "My past choices don't define my future"
- "I attract positive opportunities and people"

## Practical Strategies:

- Morning routine
- Start each day with your affirmations
- Plan your day to avoid triggering situations
- Set one achievable goal for the day
- When facing triggers
- Take deep breaths





# Patience

**Remember to have patience with yourself. Your development isn't a race but a journey of planning, building, and achieving your life goals, one step at a time.**



## **Remind yourself what you're working toward**

- Obtain a support person to call
- Leave risky situations immediately
- Implement an evening reflection before bed
- Acknowledge your daily wins, no matter how small
- Plan for tomorrow's challenges
- Practice gratitude for your progress
- Implement your support system building
- Locate and attend support groups
- Locate and connect with positive mentors
- Consider counseling/therapy when needed
- Build relationships with people who support your new path and your new life goals

**Remember:** recovery and change are always possible. Setbacks might happen, but they don't erase the progress that you have made. Each day is a new opportunity to make choices aligned with the life you want to build.

“ I am  
confident and  
capable of finding the  
perfect job for me.”

[illegible]



Remember to write and repeat these affirmations daily to reinforce your beliefs in your resilience.

**“ I am persistent and resilient in my job search.”**

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Remember to write and repeat these affirmations daily to reinforce your beliefs in your competence.

“ I am confident  
during interviews  
and make a positive  
impression.”

[illegible]

Remember to write and repeat these affirmations daily to reinforce your beliefs in achieving your dreams.

“ I land my dream  
job and feel fulfilled  
in my work.”

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[illegible]



## A Print Out & Fill Out

Remember to write and repeat these affirmations daily to reinforce your beliefs in your unique abilities.

“ I am  
a valuable asset  
to any team I join.”

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Remember to write and repeat these affirmations daily to reinforce your beliefs in your goodness.

“ I build strong  
relationships with my  
colleagues and  
superiors.”

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I have the  
resilience to  
overcome any job  
search  
challenge!

**Positive affirmations boost our self-esteem:** By repeating positive statements about yourself, you can gradually change your self-perspective and develop a more positive self-image.

*It's okay to daily take the time to love ourselves.*

*Each day write an affirmation 10x's*

[illegible]

My authentic  
self is my  
greatest  
professional  
asset!

**Positive affirmations boost our self-esteem:** By repeating positive statements about yourself, you can gradually change your self-perspective and develop a more positive self-image.

*It's okay to daily take the time to love ourselves.*

*Each day write an affirmation 10x's*

[illegible]



My efforts  
today are  
paving the way  
for tomorrow's  
success!

**Positive affirmations boost our self-esteem:** By repeating positive statements about yourself, you can gradually change your self-perspective and develop a more positive self-image.

*It's okay to daily take the time to love ourselves.*

*Each day write an affirmation 10x's*

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*It's okay to daily take the time to love ourselves.*

[illegible]

I am constantly growing and improving my professional skills!

**Positive affirmations boost our self-esteem:** By repeating positive statements about yourself, you can gradually change your self-perspective and develop a more positive self-image.

*It's okay to daily take the time to love ourselves.*

*Each day write an affirmation 10x's*

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"I attract opportunities that align with my skills and my passions."

**Positive affirmations boost our self-esteem:** By repeating positive statements about yourself, you can gradually change your self-perspective and develop a more positive self-image.

*It's okay to daily take the time to love ourselves.*

*Each day write an affirmation 10x's*

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