

Designing Affirmations

Worksheet

To have a positive impact on your self-esteem, your self-affirmations should be positively focused. Goal-related positive affirmations should concern behaviors you can act in accordance with to reinforce your sense of self-identity, or outcomes that are related to meaningful personal values.

This worksheet is designed to help you design your own personal affirmations. Try to practice them regularly if your goal is to build a self-narrative that will enhance your self esteem over time.

This worksheet has 2 parts:

This first section provides a step-by-step approach to designing meaningful, positive affirmations that you can commit to repeating. Use these tips and examples to help you come up with some affirmations as an initial step.

Tip	Example
Phrase your affirmation as an "I statement", beginning with "I am..."	<i>I am a caring, supportive brother to my little sister.</i>
Design an affirmation that represents a positive outcome. Avoid using avoidant language such as the word "not" in your affirmations.	<i>I am getting stronger at speaking French every single day.</i>
Keep it concise.	<i>I am gifted with an amazing family who believe in me.</i>
Be as precise as possible, especially if your affirmation is intended to guide your own goal-oriented behavior.	<i>I am more than capable of becoming a qualified instructor by June.</i>
Use the present tense to write your affirmations, and where possible, use a gerund (an "-ing" word).	<i>I am confidently improving my reading capabilities each time I go to class.</i>
A 'feeling' or 'descriptive' word will give your affirmation more impact.	<i>I am going to catch ten waves an hour adeptly by next July.</i>
Make them your own. Your affirmations are personal and relate only to your own goals and behavior rather than those of others.	<i>I am impressing these investors with my unique idea.</i>

Part 2:

You can write your affirmations anywhere, such as in a journal or on affirmation cards to carry in your wallet. If you find it more convenient to refer to the tips and examples above as you write, feel free to use this space.

My Positive Affirmations