



WORKSHEET

Exercise | Positive affirmations

In order to help positive thinking and reduce stress, here are some suggested positive affirmations. You can make up your own if you would like. Start with “I” and make them realistic.

- I am strong
- I have strength
- I am determined and successful
- I am a good person
- I am a unique and special person
- I have inner strength and resources
- I am confident and competent
- I am a loving person
- I have a lot to be proud of
- I have all that I need
- I am in control of my life
- I make wise decisions based on what I know
- I'm moving towards my goals
- My life has meaning and purpose
- I am in control of my choices
- I am strong and healthy
- I am calm and confident
- I have many options and can make wise decisions
- Everything is getting better every day
- I am calm and relaxed
- Today is the first day of the rest of my life and I will take notice of the many positive things this day has to offer
- I have my wise mind – I can seek inner guidance whenever I need to
- My life purpose can be whatever I choose it to be
- All is well, right here, right now