

# My daily affirmations worksheet



Fill in the answers to each box below.

I am...

|         |
|---------|
| I am... |
|         |
|         |
|         |
|         |
|         |

I am worthy of...

|                   |
|-------------------|
| I am worthy of... |
|                   |
|                   |
|                   |
|                   |
|                   |

Today I will forget about...

|                              |
|------------------------------|
| Today I will forget about... |
|                              |
|                              |
|                              |
|                              |
|                              |

I am thankful for...

|                      |
|----------------------|
| I am thankful for... |
|                      |
|                      |
|                      |
|                      |
|                      |

Tomorrow I will work on ...

|                             |
|-----------------------------|
| Tomorrow I will work on ... |
|                             |
|                             |
|                             |
|                             |
|                             |

I like this about myself...

|                             |
|-----------------------------|
| I like this about myself... |
|                             |
|                             |
|                             |
|                             |
|                             |