



HOW TO WRITE YOUR OWN AFFIRMATIONS WORKSHEET

Affirmations are statements of positive truth. They affirm positive thoughts about us and the world around us. When we think and voice positive thoughts about ourselves, we decrease the likelihood of allowing negative thoughts to enter or take a stronghold in our minds.

Unfortunately, negative thoughts are abundantly present when we feel unsure about ourselves, when our confidence is low, or our self-esteem struggles.

The good news, however, is that our bodies and our minds believe what we tell them. So, even if you may be feeling stressed or depressed, anxious or fearful, there is hope...through the development and use of our own personal affirmations.

Below is a worksheet on how to develop and use your own powerful, positive affirmations.

STEP #1

First, we will begin with what you've *already* been thinking and telling yourself that is negative. These may be those fleeting thoughts that we think of for an instant or two and then try to dismiss. These negative thoughts may be quiet, but they do their damage, nonetheless. Don't worry, it's OK to do this, as we will NOT dwell on these thoughts any longer. Instead, we will use them as a *springboard* to more positive (and truthful) thoughts.

Write down three things that you have a tendency to tell yourself that is negative. When doing this exercise, write short statements that begin with the word "I Am." For example, "I am incompetent. I am weak. I am unloved."

- I Am _____
- I Am _____
- I Am _____

STEP #2

Next, write down three things that are the *exact opposite* of what you just wrote. Make sure that what you write resonates deeply and positively with you. As in Step #1 above, write short statements that begin with the word "I Am." For example, "I am competent. I am strong. I am loved."

- I Am _____
- I Am _____
- I Am _____

STEP #3

Good! You're off to a great start! The next thing to do is to write these three affirmations in one sentence. For example, "I am competent, strong, and loved."

- I Am _____

OK...we're almost there! Now *say* your affirmation with meaning and see if it feels positive and relevant to you. Are the words in the right order? Do they need to be re-ordered? For example, the sentence "I am competent, strong, and loved" feels right and powerful for me personally...so this is the order I will stick with. Take a moment to tweak your affirmation if needed. When you're happy with it, write it down one more time. For example, "I am competent, strong, and loved."

- I Am _____

STEP #4

Congratulations! You've just written your own personal, positive affirmation! Now, what's next? Well, this is where the fun starts. I am going to encourage you to wear a ribbon or band or piece of jewelry for **ONE WEEK**, making sure to wear it in an unusual way. For example, if you wear a watch on your left wrist, for **ONE WEEK** wear your watch on your right wrist.

Every time you notice that your watch is not on your left wrist, speak your affirmation either out loud or silently. And every time you notice your watch on your right wrist, speak your affirmation again!

Wearing something *odd* will only feel *odd* for about a week, which is why we work on new affirmations one week at a time! The more you speak your affirmation, the more your mind and body will embody the positive thoughts and decrease the negative thoughts.

As you speak or think about your affirmation this week, please remember that you don't have to be perfect. You may say the words in a different order. Or you may even say completely different words! This is just your brain telling you what you need at that moment. So, have fun with your new affirmation. Happy Thoughts to You!

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