

It's the repetition of affirmations that leads to belief, and once that belief becomes a deep faith, things begin to happen.

~Claude Bristol



Positive **affirmations** can be used to develop healthy thought patterns and change the way you think and feel about yourself. They are short positive **statements** that can help you focus on goals, get rid of negative thoughts, and love yourself!

- ❖ Make your affirmations short and easy to remember. (4-5 words)
- ❖ Start with the word “I” or “My” because you’re making a statement about yourself.
- ❖ Write your affirmations in the present tense.
- ❖ Don’t begin your affirmations with “I want” or “I need.”
- ❖ Make sure all your affirmations are positive statements. Don’t include words like “don’t,” “won’t,” “can’t,” or “not.”
- ❖ Create affirmations that you believe in.

Write your Affirmation statements here:

1. _____
2. _____
3. _____

