

AFFIRMATIONS WORKSHEET



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CRAFTING

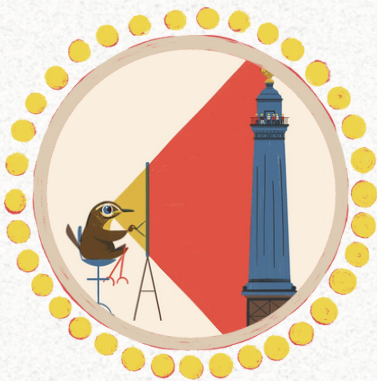
affirmations

It's time to craft affirmations that ignite confidence and self-belief. Start each affirmation with "I am" or "I embrace" to anchor them in the present. Use positive and encouraging language to affirm your qualities.



I am _____

Example: I am confident, capable, and worthy of success in all areas of my life.



I embrace _____

Example: I embrace my unique qualities and use them to create positive change in the world.



I can _____

Example: I can handle any challenges that come my way with resilience and grace.





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MASTERING

challenges with affirmations

Think about any self-doubts or negative thoughts that surface during challenging times. In the space provided, write down specific challenges you are currently facing or anticipate facing in the future.

Challenges I'm Currently Facing or Anticipate Facing

- 1.
- 2.
- 3.

Now, use the affirmations you've crafted in the previous section to counter these challenges with positivity and resilience. Write the affirmations that apply to each specific challenge.

Affirmations for Challenges

1. **Challenge:** _____
Affirmation: _____
2. **Challenges:** _____
Affirmation: _____

Example

Challenge: Feeling overwhelmed with workload

Affirmation: I am capable of managing my tasks efficiently and prioritizing effectively

MINDFUL



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visualization and vision board

Close your eyes and visualize yourself embodying the affirmations you've crafted. Feel the confidence and positivity that radiate from within as you wholeheartedly believe in these empowering statements.

Visualization Notes

As I visualize my affirmations, I see myself _____

Use the space below to create your vision board. Cut out images, words, and phrases from magazines or print them from the internet. Choose visuals that represent your goals, dreams, and the affirmations you've crafted. Arrange them on the vision board to create a powerful visual representation of the life you want to manifest.

Vision Board

