

# Positive Affirmations Worksheet

This worksheet helps you create positive self-talk habits to boost your self-esteem. Reflect on the affirmations and write daily observations.

## Examples:

Example Affirmations:

- I am kind to myself and others.
- I am capable of achieving my goals.
- I deserve happiness and success.

Daily Observations:

Write one situation each day where you lived by these affirmations.

## Your Turn:

Blank writing area consisting of ten horizontal grey bars for recording daily observations.