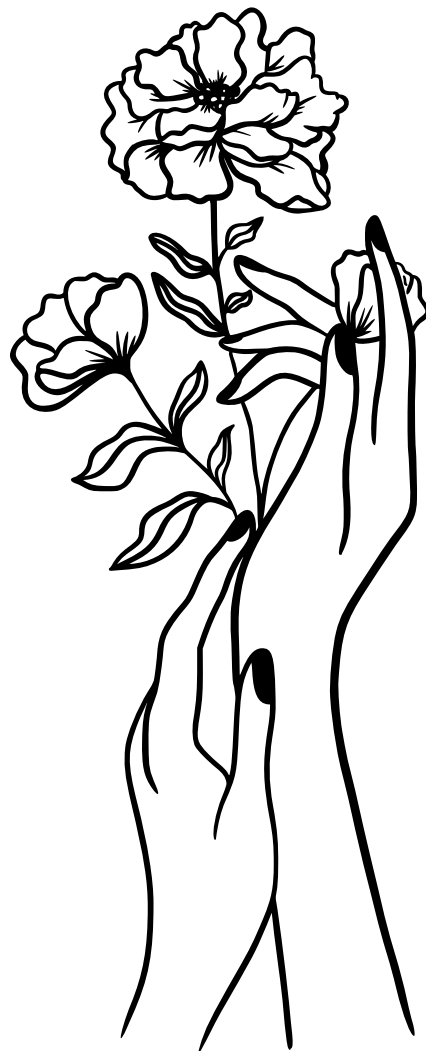


Affirmations

Workbook



Welcome to your Affirmation Journey!

Affirmations are powerful tools that help us shift our mindset and release negative thoughts and self-doubt. By repeating positive statements, we can reprogram our minds to focus on our strengths, embrace our potential, and cultivate a more positive outlook on life.

On the next page you will find some affirmations to get you started. These affirmations are designed to help you release negativity and doubt, and to reinforce your self-worth, confidence, and inner peace.

Use these affirmations as a daily practice, repeating them to yourself in the morning, through out the day, or whenever you need a boost of positivity.



I am worthy
of love and
happiness.



I trust
myself to
make the
right
decisions.



I release all
negative
thoughts and
embrace
positivity.



I am capable
of achieving
my goals.



I am enough
just as i am.



I let go of
fear and
embrace love
and joy.



I am deserving
of success and
abundance.



I am
in control of
my thoughts
and
emotions



I release
the past and
welcome new
beginnings.

Identifying Negative Thoughts

Take a moment to reflect on the negative thoughts and doubts that frequently cross your mind.

Write them down here.

NEGATIVE THOUGHTS

DOUBTS

Transforming Negative Thoughts

Review each negative thought and doubt you wrote down. Transform them into positive affirmations that counteract negativity.

NEGATIVE THOUGHTS
AND DOUBTS



POSITIVE
AFFIRMATION



Daily
Affirmations
Practice

Select the positive affirmations you
have created. Write them down in a
list to use as your daily affirmations.

DAILY AFFIRMATIONS

Affirmations Journal

Use this space to write down your affirmations each day and reflect on how they made you feel.

Track your progress and any changes in your mindset.

DATE	AFFIRMATIONS	REFLECTIONS

Affirmations Tracker

Track your daily practice of repeating affirmations. Check off each day that you successfully repeat your affirmations.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1							
2							
3							
4							



Reflecting On Progress

Reflect on your journey with affirmations. Consider the changes you have noticed in your thoughts, feelings, and behaviors.

How have your thoughts changed since you started using affirmations?

What positive changes have you noticed in your emotions and behavior?

How do you feel about continuing the practice of daily affirmations?
