

Self-Affirmations

This cheat sheet should help you create self-affirmations that are effective and personalized. Affirmations can focus on several categories, including character traits, physical attributes, and skills and/or accomplishments.

1. Start your affirmations with “I am” (e.g., “I am a good friend”)
2. Keep them short (we don’t need a novel)
3. Keep them positive (avoid saying “not”)
4. Use feeling words when you can (e.g., “I am proud of myself”)
5. Keep them focused on you (after all, they are **self**-affirmations)

Examples: “I am proud that I am hard-working” or “I am thankful for my strong legs”

My Self-Affirmations:

Feeling stuck? Ask yourself questions like these:

- When was a time that you felt proud of yourself and why?
- Have you ever forgiven someone who has hurt you?
- Have you ever received a compliment that you agree with?
- What would your best friend or a loved one say about you?

Feeling Guilty? Consider this:

- We are socialized to ignore or minimize our positive characteristics.
- Unfortunately, we then just dwell on our “negatives.”

Practicing self-affirmations helps bring balance and improve mood.