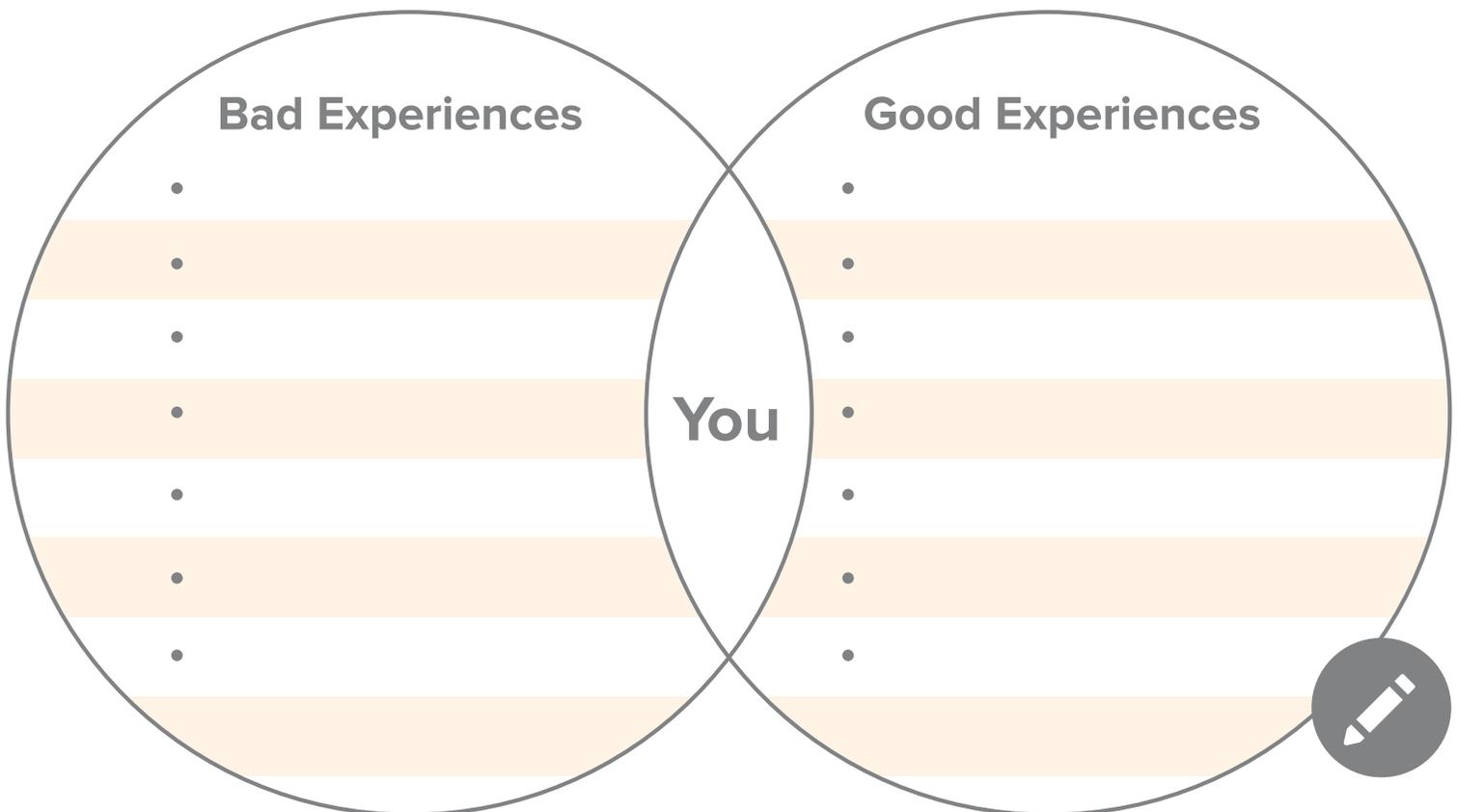


Affirmation Worksheet

Understanding Your Characteristic Makeup

There is only one you. No one else has experienced or witnessed life quite how you have. These experiences, both good and bad, are what have moulded and shaped who you are. How you process these experiences is what makes up how you feel about yourself and your place in the world. Negative beliefs and ideas about one self typically develop in childhood or adolescents from significant events, expectations, and societal exposures. These limiting beliefs tend to stick with us and although they may have served a purpose in our past, there is no place for them in the present.

Take a moment to jot down significantly good and bad experiences that you've had throughout your life.



A Venn diagram consisting of two overlapping circles. The left circle is labeled "Bad Experiences" and the right circle is labeled "Good Experiences". The overlapping area in the center is labeled "You". Both circles contain seven horizontal lines for writing, alternating between white and light orange. A pencil icon is located in the bottom right corner of the right circle.

Bad Experiences

-
-
-
-
-
-
-

Good Experiences

-
-
-
-
-
-
-

You

Affirmation Worksheet

Create Awareness of Negative Thought

Unfortunately, the human brain tends to focus on the negative. It's a form of protection that has been ingrained in us from back when our ancestors needed to anticipate danger in order to survive. But today we aren't running from tigers, yet this instinct to emphasize our fears, doubts and worries prevails. We have been built to expect the worst because if we focus on the negative, we'll be better armed to deal with bad news once it arrives.

Take a moment to list some of your fears, perceived weaknesses and limiting beliefs that might stem from past experiences. If you get stuck here, try asking yourself the following questions:

- What are my insecurities?

- What do I want to change?

- Why do I feel like I'm not worthy or loveable enough?

- Where do I feel stuck or helpless?

Choose One

Now that we've outlined some of our limiting beliefs and perceived weaknesses, it's time to make a change. In order to overcome negative self-talk we sometimes need to give ourselves a little pep-talk. We need to consciously stop the negative thought in its tracks by replacing it with something that will empower and give us confidence to reframe these thoughts into something new. These negative thoughts, specifically the deep-rooted ones, have most likely been reinforced and self-validated over and over throughout life. However, it's important to acknowledge that these limiting thoughts are only those of your own. You are the one who has authorized them.

So it's time to release these limiting beliefs from your repertoire by replacing them with fresh, new and empowering thoughts! Start by choosing one of the limiting beliefs in which you'd like to work on and write it down in the box below. This might be a personal issue that you've struggled with for a long time, or it might be something current that is occupying unnecessary space in your mind.

Affirmation Worksheet

Reframing this Negative Thought

Now it's time to take action and reframe this thought. Whatever it is, reframe it so that your affirmation becomes its antagonist, changing it into something empowering, positive and loving. For example, if your affirmation is, "I eventually always get rejected," the affirmation becomes, "I am accepted and worthy of other's attention." Repeat this affirmation to yourself frequently. You can do this by writing it on your bathroom mirror, setting an alarm on your phone, or associating it to something you do frequently throughout the day (drinking water, going to the bathroom, etc).

It might be hard to believe your affirmation at first but stick with it. Your mind is a very powerful tool. When you fill it with positive thoughts, your life will start to change. Through repetition, you'll start to believe your newfound affirmation - because your thoughts create your beliefs over time, which becomes your future.

Other examples:

I question myself and my choices



I trust my inner wisdom - I give myself permission to make my own choices and grace to accept and learn from my mistakes.

I'm scared of failing



If I fail, I will get back up again and be better off for it. I take responsibility for my decisions.

I'm missing 'this' or lacking 'that' in my life



I have everything I need right now to be satisfied and happy.

I'm ashamed of my body



I respect my body and feed it with nourishment, love, and gratitude for carrying me thus far.

I'm scared to show my true self/I'm clinging to an idea or image of what I think I should do or be



I accept and respect myself for who I am. I free myself from what is holding me back from my true self, so that I can move towards new opportunity and potential.

I don't know my purpose in life



I love life and I'm glad to be alive. I am a gift to life and it is a gift to me. I live in peace and compassion with everyone. I am fulfilled with all that I do.

I have trouble seeing my worth



I go beyond my fears and limitations. These are only false thoughts that I've created in my mind. I'm worth being loved, respected and seen.