

CRAFTING YOUR POSITIVE REALITY

A Guide to Creating Personal Affirmations for Empowerment



Name: _____

Date: _____

Notice Your Thoughts

What is a negative or limiting thought you've been having?

When do you usually think this?

Reframe the Thought

Turn the negative thought into a more helpful and balanced one:

• Negative Thought: _____

• New Thought: _____

Build Your Affirmation

Create a positive affirmation based on your new thought:

My affirmation is: _____

Make It Personal

Customize your affirmation:

- "I am..." _____
 - "I can..." _____
 - "I am learning to..." _____
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Repeat & Practice

How will I practice this affirmation?

- Say it in the morning
 - Say it before bed
 - Write it down daily
 - Repeat it when I feel stressed
 - Put it somewhere I can see
 - Other: _____
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Reflection

How do I feel when I say this affirmation?

What changes do I notice in my thoughts?

"Speak to yourself the way you would to someone you care about."

