



Positive Affirmation Worksheet

Programming your subconscious by repeating positive statements with focus, intention and belief is a technique called positive affirmations. This Worksheet will walk you through the process of creating your own positive affirmations.

Releasing Negative Feelings

It is believed that this process is more effective when incorporating and understanding the negative feelings, or mental programs that you harbor within your subconscious regarding yourself. This first part will help you identify your own negative beliefs. When you shine your conscious light on your negative beliefs and understand that they are merely beliefs and not based on reality, you can then utilize your positive affirmations to overcome such beliefs and focus the rudder of your own life.

Write as many negative beliefs down as you feel apply to your feelings about yourself. Use the following prompts as a guide:

I never...

Nobody else...

I'm the only one that...

I am not...

I don't...

I don't want...

I hate...

I can't...

Identifying Wants

Now, considering each of the negative feelings that you wrote down about yourself, write a list of what you really want or deserve being very specific.



The Essential Boomer

Creating Affirmations

From the previous exercise, distill your wants to a list of your desires. Write down a list of your positive affirmations. Use the following prompts as a guide:

I am...

I welcome...

I deserve...

I choose...

I believe...

I trust...

I have...

I know...

I feel...

I create...

I LOVE...

One of the most powerful affirmations starts with I am...

I am...

Vocalize Affirmations Daily

Now that you have your list of affirmations repeat them out loud to yourself several times each day. When you say them, focus on their meanings and visualize your life as though your affirmations have already become reality.