

Affirmations Work Sheet

List the 5 most negative things you are regularly saying to yourself...



1.

2.

3.

4.

5.

Now transform these statements into positive present tense affirmations.

ie. Negative "I will never lose weight" Affirmation "In this moment I choose to make healthy eating choices" or "My body responds to how I care for it and in this moment I am choosing to give myself the gift of joyful movement."

1.

2.

3.

4.

5.