

Personal Affirmations For Self-Esteem

Often we focus on our negatives – this is our negativity bias – which can greatly influence how we feel about ourselves.

Use this worksheet to create a set of statements that celebrate self-worth.

Create a set of affirmation statements, but keep in mind the following:

- Use “I” statements. *I am good at being a parent.*
- Use the present tense. *I am smart.*
- Use positive language. *I am friendly* rather than *I am not unfriendly*

Think of your talents and skills and write affirmation statements for each one to boost your confidence and make you feel good about yourself.

I am a person who is...	
And who...	
And who...	
And who...	
And who...	
And who...	

And who...	
And who...	
And who...	

Repeat these statements three times a day for the next week and try and believe what you say.

Dr. Jeremy Sutton