



AFFIRMATION SHEET

Read this to yourself daily for at least 21 days straight. It's important to hear yourself say these positive things out loud. This aids in replacing negative thoughts or tapes that run in your mind from the past. (by ANEWSSELFESTEEM.COM)

10 Physical Attributes

- I love my _____!
- I love my _____!
- I love my _____!
- I love my _____!
- I love my _____!
- I love my _____!
- I love my _____!
- I love my _____!
- I love my _____!
- I love my _____!

10 Character Attributes

- I love my _____!
- I love my _____!
- I love my _____!
- I love my _____!
- I love my _____!
- I love my _____!
- I love my _____!
- I love my _____!
- I love my _____!
- I love my _____!

10 People who love me.

- _____ Loves me!
- _____ Loves me!
- _____ Loves me!
- _____ Loves me!
- _____ Loves me!
- _____ Loves me!
- _____ Loves me!
- _____ Loves me!
- _____ Loves me!
- _____ Loves me!

10 People I love.

- I Love _____!
- I Love _____!
- I Love _____!
- I Love _____!
- I Love _____!
- I Love _____!
- I Love _____!
- I Love _____!
- I Love _____!
- I Love _____!