



Shift Your Mindset!

Are you finally ready to start believing in yourself and STOP all of the negative self-talk? I hope so! That's why you're here right? Way to make the first step in a long, yet rewarding journey you will never want to look back on!

I promise you, if you can stick with writing down positive affirmations about yourself and keep reciting them daily, you will absolutely start to see a shift in your thinking.

"There can only be enough space in your mind for faith or fear.
You must decide which one will live there"

I love that quote. It's up to you how you want to move forward, filling your mind with negative thoughts or taking the hard path and consciously choosing to replace those with good opinions of yourself. We are all a work in progress so remember to always be kind to yourself.

This worksheet was created for you to jot down your thoughts and see them in front of you. Don't feel the need to make up a new affirmation each day (if you want to, wow! you're amazing), just make sure you write down ANY affirmation you believe in or want to believe in, each day.

BONUS: You write these down, they are always here for you to go back to!

Now lets get to work!

Affirmation Worksheet

Complete 3 positive affirmations about yourself in the lines below:
Repeat these in your head often. You may choose once a day or twice a day.
Write down 3 affirmations every day

Prompts to start your affirmation:

I feel... I am.... I Know, trust, believe, choose, deserve, welcome....

Affirmation examples:

I am enough, I believe I can do this, I deserve to be happy, I welcome this challenge, I will be happy, I am beautiful, I am not my mistakes, I am learning, I am a work in progress, I feel positive,
[anything your heart desires and needs to hear]

Day 1 am:

1. _____
2. _____
3. _____

Day 1 pm:

1. _____
2. _____
3. _____

Day 2 am:

1. _____
2. _____
3. _____

Day 2 pm:

1. _____
2. _____
3. _____

Affirmation Worksheet

Complete 3 positive affirmations about yourself in the lines below:
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Write down 3 affirmations every day

Day 3 am:

1. _____
2. _____
3. _____

Day 3 pm:

1. _____
2. _____
3. _____

Day 4 am:

1. _____
2. _____
3. _____

Day 4 pm:

1. _____
2. _____
3. _____

Day 5 am:

1. _____
2. _____
3. _____

Day 5 pm:

1. _____
2. _____
3. _____

Affirmation Worksheet

Complete 3 positive affirmations about yourself in the lines below:
Repeat these in your head often. You may choose once a day or twice a day.
Write down 3 affirmations every day

Day 6 am:

1.

2.

3.

Day 6 pm:

1.

2.

3.

Day 7 am:

1.

2.

3.

Day 7 pm:

1.

2.

3.

Day 8 am:

1.

2.

3.

Day 8 pm:

1.

2.

3.

Affirmation Worksheet

Complete 3 positive affirmations about yourself in the lines below:
Repeat these in your head often. You may choose once a day or twice a day.
Write down 3 affirmations every day

Day 9 am:

1. _____
2. _____
3. _____

Day 9 pm:

1. _____
2. _____
3. _____

Day 10 am:

1. _____
2. _____
3. _____

Day 10 pm:

1. _____
2. _____
3. _____

Day 11 am:

1. _____
2. _____
3. _____

Day 11 pm:

1. _____
2. _____
3. _____

Affirmation Worksheet

Complete 3 positive affirmations about yourself in the lines below:
Repeat these in your head often. You may choose once a day or twice a day.
Write down 3 affirmations every day

Day 12 am:

1. _____
2. _____
3. _____

Day 12 pm:

1. _____
2. _____
3. _____

Day 13 am:

1. _____
2. _____
3. _____

Day 13 pm:

1. _____
2. _____
3. _____

Day 14 am:

1. _____
2. _____
3. _____

Day 14 pm:

1. _____
2. _____
3. _____

You made it 2 weeks! Half way there!

Affirmation Worksheet

Complete 3 positive affirmations about yourself in the lines below:
Repeat these in your head often. You may choose once a day or twice a day.
Write down 3 affirmations every day

Day 15 am:

1. _____
2. _____
3. _____

Day 15 pm:

1. _____
2. _____
3. _____

Day 16 am:

1. _____
2. _____
3. _____

Day 16 pm:

1. _____
2. _____
3. _____

Day 17 am:

1. _____
2. _____
3. _____

Day 17 pm:

1. _____
2. _____
3. _____

Affirmation Worksheet

Complete 3 positive affirmations about yourself in the lines below:
Repeat these in your head often. You may choose once a day or twice a day.
Write down 3 affirmations every day

Day 18 am:

1. _____
2. _____
3. _____

Day 18 pm:

1. _____
2. _____
3. _____

Day 19 am:

1. _____
2. _____
3. _____

Day 19 pm:

1. _____
2. _____
3. _____

Day 20 am:

1. _____
2. _____
3. _____

Day 20 pm:

1. _____
2. _____
3. _____

Affirmation Worksheet

Complete 3 positive affirmations about yourself in the lines below:
Repeat these in your head often. You may choose once a day or twice a day.
Write down 3 affirmations every day

Day 21 am:

1. _____
2. _____
3. _____

Day 21 pm:

1. _____
2. _____
3. _____

Day 22 am:

1. _____
2. _____
3. _____

Day 22 pm:

1. _____
2. _____
3. _____

Day 23 am:

1. _____
2. _____
3. _____

Day 23 pm:

1. _____
2. _____
3. _____

Affirmation Worksheet

Complete 3 positive affirmations about yourself in the lines below:
Repeat these in your head often. You may choose once a day or twice a day.
Write down 3 affirmations every day

Day 24 am:

1. _____
2. _____
3. _____

Day 24 pm:

1. _____
2. _____
3. _____

Day 25 am:

1. _____
2. _____
3. _____

Day 25 pm:

1. _____
2. _____
3. _____

Day 26 am:

1. _____
2. _____
3. _____

Day 26 pm:

1. _____
2. _____
3. _____

Affirmation Worksheet

Complete 3 positive affirmations about yourself in the lines below:
Repeat these in your head often. You may choose once a day or twice a day.
Write down 3 affirmations every day

Day 24 am:

1. _____
2. _____
3. _____

Day 24 pm:

1. _____
2. _____
3. _____

Day 25 am:

1. _____
2. _____
3. _____

Day 25 pm:

1. _____
2. _____
3. _____

Day 26 am:

1. _____
2. _____
3. _____

Day 26 pm:

1. _____
2. _____
3. _____

Cottage Market Co.

Affirmation Worksheet

Complete 3 positive affirmations about yourself in the lines below:
Repeat these in your head often. You may choose once a day or twice a day.
Write down 3 affirmations every day

Day 27 am:

1. _____
2. _____
3. _____

Day 27 pm:

1. _____
2. _____
3. _____

Day 28 am:

1. _____
2. _____
3. _____

Day 28pm:

1. _____
2. _____
3. _____

Bonus Day!

1. _____
2. _____
3. _____

You can do anything you set your mind to. Remember that!

1. _____
2. _____
3. _____

You are amazing & I hope you believe it!