



American  
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# Affirmations

YOU  
GOT  
THIS

**Affirmations are positive phrases or statements used to challenge negative or unhelpful thoughts.**

## OVERVIEW

This worksheet will guide you through creating affirmations with your students and how they can put them into practice. You'll find guidelines on how to create effective affirmations, as well as examples.

Students will be asked to create their own affirmations and are encouraged to put it into a daily practice.

## SAMPLE AFFIRMATIONS

- I am healthy and strong.
- I am brilliant and can do anything I set my mind to.
- I can do big, scary things.
- I am brimming with happiness and gratitude.
- I consistently attract success.
- I am an awesome friend.

## OPENING QUESTIONS TO ASK

What is an affirmation?

Why do you think affirmations can be helpful?

What is an example of a positive affirmation?

How would you remind yourself of your affirmations daily?

## ACTIVITY

1. Review the guidelines and sample affirmations.
2. Ask students to create affirmations following the guidelines.
3. Optional: Ask students to share their favorite.
4. Discuss the goal of repeating daily.





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## WHAT IS AN AFFIRMATION?

Affirmations are simple, positive statements declaring specific goals in their completed states. These empowering mantras have profound effects on the conscious and unconscious mind.

## AFFIRMATION GUIDELINES

**Be positive** - Never use the words "not", "never", "don't" or "won't" in an affirmation. For example, instead of writing "I am not afraid to express myself," you could write, "I am confidently sharing my opinion".

**Be concise** - The shorter and more specific the better.

**Make them powerful** - Use words that inspire and empower you. Examples include "confidently," "successful," "consistently," "brilliant," or "gracefully".

**Speak in the Present** - This ensures that your subconscious mind goes to work on them right away. Stay away from using "I will ..." or "I am going to ..." statements.

**Make it Personal** - Affirmations are about yourself. They should be about your own behavior, never someone else's. The only beliefs, attitudes and behaviors you can change are your own.

## MY POSITIVE AFFIRMATIONS

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_

## Putting It Into Practice

You can write your affirmations anywhere, such as in a journal, on a sticky note or your bathroom mirror. Try to practice them regularly. To get into the habit, try to start by sticking with a schedule—for example, you might try repeating your affirmations:

- When you wake up
- On your break at school
- Before going to sleep