

# Personal Affirmations:

A confidence building exercise

@familytherapycenterofbethesda

**The goal** of this exercise is to build self-esteem by creating personalized positive affirmations that will encourage you to align your actions with your **core values**.

**Step One:** Identify the value.

- Ex: I value my education and work ethic.

**Step Two:** Begin with an "I" statement.

- Ex: I am...

**Step Three:** Write your affirmation.

- Ex: I am an attentive student who takes good notes in class.

**Step Four:** Recite your affirmation

- Say it aloud, or write it in a place you will see it all the time!



**Your Turn!** Use this space to write 3 different affirmations. Remember to make them *positive* (avoid words like "not" and "dont") & *specific* (personalize them to your values and goals!)

1 \_\_\_\_\_  
\_\_\_\_\_

2 \_\_\_\_\_  
\_\_\_\_\_

3 \_\_\_\_\_  
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