

# Daily Affirmations Worksheet

Using the Power of Words to our Benefit



By Mike from Baransu Serenity

Certified Life Coach/Wellness Coach/Nutritionist

[www.baransuserenity.com](http://www.baransuserenity.com)

# Daily Affirmations Worksheet

Daily affirmations are positive statements that can help you challenge and overcome negative thoughts. They serve as a powerful tool for fostering self-belief and reinforcing a positive mindset. By incorporating affirmations into your routine, you can cultivate a greater sense of confidence and empowerment in your daily life, and learn to reframe thoughts.

**Instructions:** Write down three affirmations that resonate with you. Read them aloud each day to reinforce positive thoughts and beliefs.

**Affirmation 1:**

---

**Affirmation 2:**

---

**Affirmation 3:**

---

**Reflection:**

How do these affirmations make you feel?

---

## Sample Affirmations

Create your own or mix and match, but have at least three you will utilize everyday this week. If it doesn't work for you, then pick another till you find the style that works for you.

- I am worthy of love, success, and happiness.
- I trust myself and my abilities to create the life I desire.
- I am healthy, energized, and full of vitality.
- I radiate confidence, self-respect, and inner peace.
- I attract positive and supportive people into my life.
- I am grateful for all the blessings in my life and open to new opportunities.
- I release all limiting beliefs and embrace my true power.
- I choose happiness and positivity in every situation.

## Wrap Up and Next Steps

Using daily affirmations can significantly enhance your mental well-being and help you maintain a positive outlook. Keep this worksheet handy and revisit it regularly to refresh your affirmations. As you grow and evolve, feel free to update your affirmations to reflect your

current goals and aspirations. For more resources or to learn more about our services, visit our website at [www.baransuserenity.com](http://www.baransuserenity.com) and schedule a free consultation today.