

POSITIVELY ME

Name:

Date:

POSITIVE AFFIRMATION EXERCISE

I am skilled at...

My favorite quality about myself is...

I am at my best when...

I love myself because...

I am unique because...

I am naturally gifted at...

I bring joy to others by...

I have accomplished...

It makes me happy to...

One thing I can teach others is...

My greatest talent is...

People think I am good at...

When all else fails I still have my...

I mean a lot to...

If I were to set a world record it would be for...

I feel the strongest when...

I am confident that...

My friends admire my...

I feel at peace when...

I know that I can...

I will succeed because...

I am proud to be...