

Building My Affirmation

Negative thoughts about myself	New positive thoughts
fat	lose weight
Lazy	need energy and motivation
not worth it	Worthy
Failed	Successful
burden to other people	Love by other people
It wouldn't matter much if I were gone	Some people will miss me

Wishes for myself
Be successful in life
Have energy to be good mother and wife
Feel worthy of what the world has to offer
Feel worthy of love
Not focus on my mistakes and failures

3 most needed right now
Worthy of love
Not focus on my mistakes and failures
Have energy to be a good wife and mother

Pick one: Not focus on my mistakes and failures – a lot of my negative self-talk stems from my constant mistake and failure replays. I am not worthy of love because of the many mistakes and failures I have made. People get mad and frustrated with me because of these mistakes and failures. This means it wouldn't matter much if I were gone. And I am not successful in life because of my mistakes and failures.

New Affirmation: I will learn from my failures and let go of my mistakes.

My Reminders
Put my affirmation on a post it note on the bathroom mirror – repeat it as I brush my teeth
Set an alarm on my phone for a time that is usually not too busy to repeat my affirmation
Repeat my affirmation at night while lying in bed.
Repeat my affirmation anytime I make a mistake or fail at something