



Name: \_\_\_\_\_ Date: \_\_\_\_\_



# Creating Personal Affirmations

To help teenagers identify and create positive affirmations that resonate with them personally.

- **List of Qualities:** Write down five qualities you like about yourself. These can be physical traits, talents, or aspects of your personality.
- **Transform into Affirmations:** Transform each quality into a positive affirmation. For example, if you wrote "kind," your affirmation could be "I am a kind and caring person."
- **Daily Repetition:** Repeat your affirmations every morning and night for one week.

## My Qualities:

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

## My Affirmations:

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

## Reflection:

- How did saying these affirmations make you feel?
- Did you notice any changes in your self-esteem or mood?