



Affirmation Writing Template

Start with the phrase “I am” or “I have” to create a statement of personal ownership and power:

Follow this phrase with a positive attribute or quality that you want to cultivate in yourself, such as “confident,” “strong,” or “worthy”:

Make the affirmation present tense, as if it is already true. For example, “I am worthy and deserving of love and respect,” rather than “I will be worthy and deserving of love and respect.”

Check 1: Is it believable?

Use affirming language that is specific, personal, and believable.

Check 2: Is it positive?

Avoid using negative words or phrases, and try to keep the affirmation focused on what you want, rather than what you don’t want.

Check 3: Is it to the point?

Keep the affirmation brief and to the point. It can be helpful to choose one specific quality or attribute to focus on at a time.

See some examples on the next page.



“I am confident and capable of achieving my goals.”

“I am worthy of love and respect, and I deserve to be happy.”

“I have the strength and resilience to overcome any challenges that come my way.”

“I am worthy of abundance and prosperity and I have the ability to create a fulfilling and successful life.”