



## Self- Awareness Positive Affirmations:

- I have many friends.
- I am well-liked by others.
- I am a friend to all.
- I understand myself and my feelings.
- I am at ease around others.
- I understand others' thoughts and feelings.
- I like others.
- I have many close relationships.

## Daily Positive Affirmations:

*We've left two bullet points empty for you to add your own positive affirmations.*

- I am a good person.
- I am a good listener.
- I am empathic to others.
- I have drive strength.
- \_\_\_\_\_
- I work hard.
- I am a professional.
- I have good communication.
- I am resilient.
- \_\_\_\_\_

*Affirmations are like prescriptions for certain aspects of yourself you want to change.*

- Jerry Frankhauser

## \_\_\_\_\_ Affirmations:

*We've included this section for you. You can use it to create your own affirmations for something specific in your life or as a catch-all for any positive affirmations you may need.*

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