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.

• ______________________
• ______________________
• ______________________
• ______________________
• ______________________