

Self-Assured! My Positive Affirmations

Take some time to develop 10 statements about yourself that are meaningful, realistic, and true. Then write the statements in the space below. Examples may include "I am a loyal member of my family/community/etc." or "I am a creative storyteller".
You may consider roles that you perform well and the characteristics that explain why

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Additional Statements: