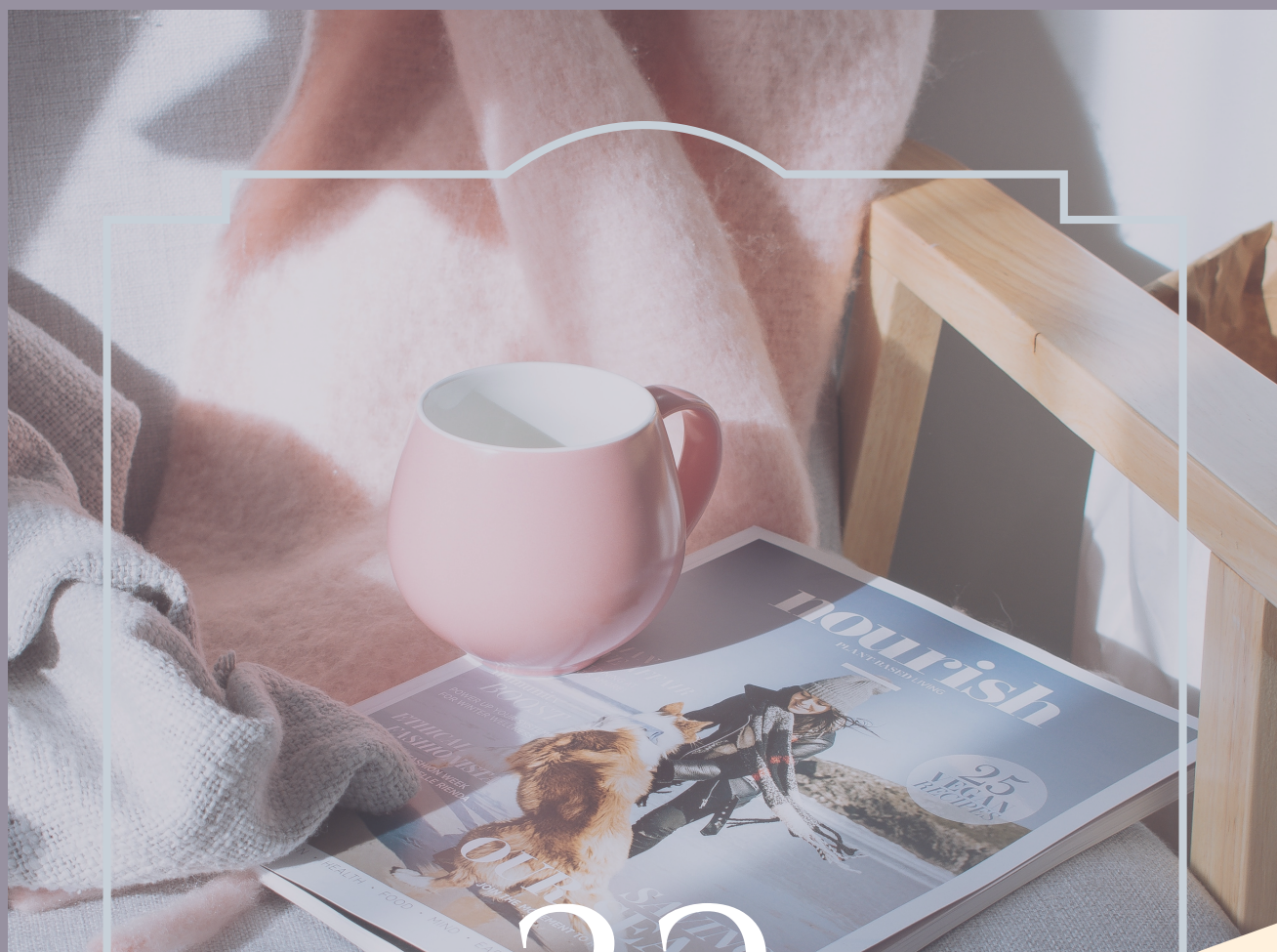




32

Daily Affirmations

A F F I R M A T I O N S

SELF-CARE WORKSHEET



*For a healthy & happy
mind, body, and spirit*



DAILY LIFE JOURNAL

32 Daily Affirmations

I am intelligent
I am funny
I have a great butt
My friends like me for who I am
I'm not perfect and that's okay
I am grateful for my home
I have time to do things I love
My thoughts matter
I am allowed to take up space
I am allowed to be loud
I like me
I love me
I am beautiful
I love my body
My feelings matter
I am grateful for my loved ones
I am so loved
I deserve and receive massive amounts of love every day
I am allowed to say No
My mistakes don't define me
I am important and I matter
I am enough
I love and accept myself
I find freedom in my vulnerability
I feel wonderful and alive
I am worthy
I am in charge of my own self-worth
I am exactly where I need to be right now
I let go of the things I cannot control
I am calm and peaceful
I am in love with myself and my body
My growth is a continuous process



Worksheet

SELF-CARE

mind

CURRENT PRACTICE:

NEW PRACTICE:

emotion

CURRENT PRACTICE:

NEW PRACTICE:

body

CURRENT PRACTICE:

NEW PRACTICE:

spirit

CURRENT PRACTICE:

NEW PRACTICE:

Daily Life Journal

DATE:
M T W Th F Sa S

THINGS I'M
THANKFUL FOR:

CHALLENGES
I FACED

What inspired me today:

HOW I WILL IMPROVE TOMORROW:

SPIRITUALITY

FAMILY

VISION BOARD

Worksheet



WEALTH

CAREER

*believe
it
to
see
it.*

HEALTH

LOVE

KNOWLEDGE

MY NOT-TO-DO LIST

Stuff that distracts me and wastes my time:

Stuff that stresses me out and gives me anxiety:

Stuff that drains my energy:

Stuff I feel obligated to do:

Stuff that doesn't actually need to be done:

Stuff I can't control or isn't my responsibility:



THE
DISTANCE
between
DREAMS &
REALITY
is called
ACTION

ANXIETY VS. TRUTH

Worksheet

3 minute SELF-ESTEEM JOURNAL

SOMETHING I DID WELL TODAY:

TODAY I HAD FUN WHEN:

I FELT PROUD WHEN:



WEEKLY REFLECTION

WEEK OF: / - /

Accomplishments:

WHAT I WANTED TO GET DONE, BUT DIDN'T

