

Daily Affirmation Worksheet

Start Your Day with Positivity & Purpose

1. Today's Intention

(Example: "I choose confidence and joy today.")

My intention:

2. Morning Affirmations

(Write 3-5 powerful statements in present tense.)

3. Nightly Reflection

- **What went well today?**

- **How did my affirmations help me?**

- **One thing I'm proud of:**

Bonus: Affirmation Ideas

- *I am worthy of love and success.*
- *I attract positive opportunities with ease.*
- *My mind is calm, and my heart is open.*
- *I trust the journey of my life.*

 *Tip: Repeat your affirmations aloud 3x daily for best results!*

★Bookmark 5minuteaffirmations.cc for weekly articles about the benefits of using Affirmations.

★Check out my YouTube channel [5 Minute Affirmations and Reminders](#) for weekly Affirmation videos for when you need them.

