

People tell me that my best feature is \_\_\_\_\_

I get compliments on my ability to \_\_\_\_\_

I do a great job at \_\_\_\_\_

I can do \_\_\_\_\_ really well.

One skill that other people tell me I have that they wish they had is \_\_\_\_\_

Others have told me they admire my \_\_\_\_\_

People say I know a lot about \_\_\_\_\_

I am a good friend because \_\_\_\_\_

My friends enjoy my company because \_\_\_\_\_

I'm good at being \_\_\_\_\_

I have confidence I can \_\_\_\_\_

In the past others have praised my \_\_\_\_\_

\_\_\_\_\_ comes easy to me.

My best quality is \_\_\_\_\_

Make up 5 positive affirmations about yourself below. Remember a positive affirmation is different than a quote. An affirmation should start with I am, I can, I have, I feel, and should be positive in some way. Remember positive affirmation can only work if they are true.

---

---

---

---

---