

My Positive Affirmations Activity

Thoughts become reality. By changing old negative thinking you can change your life. This Worksheet will help you create your own positive affirmations to help you succeed in your goals and ambitions.

Instructions:

Write your **S**pecific, **M**easurable, **A**ttainable, **R**ealistic, and **T**ime based (**SMART**) Goal.

Next, write a negative thought you might have about this goal. Then, write a rational response to that thought. Avoid using the terms 'no or not' in the response. Finally, write down a new positive thought to override the old negative one.

When finished, printout your positive affirmations and repeat them daily until they become part of your normal thinking. (You may print out this sheet if you need to.)

Example:

My SMART Goal: *'I want to pass all of my classes this semester with As & Bs'*

Negative Thought: *'I'm a failure at everything and am a mediocre student.'*

Rational Response: *'When I apply myself and commit to my goals, I succeed.'*
or *'I have it in me to be a successful student.'*

New Thought: *I am a successful student and getting good grades is easy for me.*

Create Your Own Positive Affirmations

Create Your Positive Affirmation Worksheet

My Goal:

Negative Thought	
Rational Thought	
*New Thought	

Negative Thought	
Rational Thought	
*New Thought	

Negative Thought	
Rational Thought	
*New Thought	

Negative Thought	
Rational Thought	
*New Thought	

Create Your Own Positive Affirmations

Negative Thought	
Rational Thought	
*New Thought	

Negative Thought	
Rational Thought	
*New Thought	

Negative Thought	
Rational Thought	
*New Thought	

Negative Thought	
Rational Thought	
*New Thought	

Negative Thought	
Rational Thought	
*New Thought	

Create Your Own Positive Affirmations

My Goal:

My Positive Affirmations

Rewrite your new thoughts to this page (Print this sheet out and repeat the affirmations until they become a part of your normal thinking.)

New Thought:	
New Thought:	
New Thought:	
New Thought:	
New Thought:	
New Thought:	
New Thought:	
New Thought:	
New Thought:	
New Thought:	