

Write Your Own Affirmation

Start with the thought that holds you back and turn it into a line you can believe. About ten minutes.

THE FOUR RULES

- 1 About you, in your own words.** "I" and "my," the way you actually talk.
- 2 Believable today, or a bridge.** If it feels false, start it with "I'm learning to ..."
- 3 Say what you want.** Short, one idea per line, no "not."
- 4 A value and one small step.** Why does it matter to you, and what will you do next?

FIVE STEPS

1. The thought that holds me back	2. The value behind it	3. My first line	4. Test: how true? (0-10)	5. My small step this week
<i>Example:</i> I freeze up when I have to talk in meetings.	I want my ideas to be heard.	I speak calmly and clearly.	3 → bridge: Every meeting I speak up in makes the next one easier.	In Thursday's team meeting, I'll share one update on my project.
			____ / 10	
			____ / 10	
			____ / 10	

Under 5 out of 10? Rewrite the line as a bridge.

BRIDGE STARTERS

I'm learning to ...

I'm becoming someone who ...

I'm allowed to ...

I get a little better at ... every time.

I'm working on ...

I'm willing to believe that ...



My three lines for this week

- _____
- _____
- _____

Every day when I _____ (e.g., have my first cup of coffee). After one week: which line rings hollow?

60 Affirmations by Need

Pick one line from each area you're working on, three lines at most.
Lines 7 to 10 are bridges for days when a classic line feels like too much.

CONFIDENCE AND SELF-WORTH

- 1 I'm allowed to take up space.
- 2 My ideas are worth saying out loud.
- 3 I trust my own judgment.
- 4 One mistake doesn't define me.
- 5 I can ask for what I need.
- 6 I've done hard things before.
- 7 ↗ *I'm learning to take a compliment without brushing it off.*
- 8 ↗ *I'm learning to say no without over-explaining.*
- 9 ↗ *I get a little braver every time I say what I think.*
- 10 ↗ *I can feel nervous and show up anyway.*

ANXIETY AND CALM

- 1 I take one slow breath before I answer.
- 2 This feeling will pass.
- 3 I focus on what I can control today.
- 4 It's okay to ask for help.
- 5 Right now, in this moment, I'm okay.
- 6 One small step is enough.
- 7 ↗ *I'm learning to write my worries down instead of replaying them.*
- 8 ↗ *I'm learning to live with not knowing.*
- 9 ↗ *Calm gets easier the more I practice it.*
- 10 ↗ *I'm getting better at noticing when I need a break.*

MONEY

- 1 I know where my money goes.
- 2 I sleep on big money decisions.
- 3 Part of every paycheck goes to future me.
- 4 I'm allowed to talk about money.
- 5 I spend on what matters to me.
- 6 I get paid for what I'm good at.
- 7 ↗ *I'm learning to look at my bank account without shame.*
- 8 ↗ *I'm building an emergency fund, one deposit at a time.*
- 9 ↗ *I'm learning to charge a fair price for my work.*
- 10 ↗ *Every month I get a little more confident with money.*

SELF-LOVE AND BODY

- 1 I talk to myself the way I'd talk to my best friend.
- 2 I don't have to earn rest.
- 3 I'm kind to my body today.
- 4 My feelings make sense.
- 5 I don't need to prove anything to anyone today.
- 6 I make time for things that are just for me.
- 7 ↗ *I'm learning to like who I am right now.*
- 8 ↗ *I'm learning to listen to what my body needs.*
- 9 ↗ *I'm allowed to like myself on the days nothing goes right.*
- 10 ↗ *I'm slowly making peace with my past.*

WORK AND CAREER

- 1 I bring skills people need.
- 2 I've prepared, and I can trust that.
- 3 I ask questions when something isn't clear.
- 4 My work deserves to be seen.
- 5 I pick one priority today and stick to it.
- 6 I speak up for myself the way I speak up for my team.
- 7 ↗ *I'm learning to name my number when I negotiate pay.*
- 8 ↗ *I'm working toward a job that fits who I am.*
- 9 ↗ *I get more confident with every interview.*
- 10 ↗ *I'm learning to log off when the workday is over.*

HARD TIMES AND HOPE

- 1 I don't have to have it all figured out today.
- 2 Today, getting through the day is enough.
- 3 I'm allowed to be sad.
- 4 There are people in my corner.
- 5 Small good moments still count.
- 6 I can take it one day at a time.
- 7 ↗ *I'm learning to trust again.*
- 8 ↗ *I'm finding my way back to myself, a little at a time.*
- 9 ↗ *I'm figuring out a new path.*
- 10 ↗ *I'm willing to believe it can get easier.*