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[www.self-esteem-school.com](http://www.self-esteem-school.com)

### **AFFIRMATIONS EXERCISE WORKSHEET**

#### **Instructions:**

Follow the pattern below to create your own affirmations. Then use the instructions on “How to use the self esteem Affirmations” to do the exercise

1. Affirmations start with the words “I AM”
  
2. Affirmations are positive. Never use the word **not** in an affirmation

**WRONG:** I am not afraid of public speaking

**RIGHT:** I am confidently delivering a presentation

3. Affirmations are short

4. Affirmations are specific.

**WRONG:** I am driving a new car

**RIGHT:** I am driving a new black Range Rover

- 5. Affirmations are in the present tense including a word that ends in **“ing”**

I am **riding** a new Honda CBR600F Motorbike

- 6. Affirmations have a feeling word in them.

I am **confidently** delivering a great presentation

- 7. Affirmations are about yourself.

All of your affirmations should be to change your own behaviour, not someone else’s behaviour.

**Now that you understand the pattern for creating affirmation, use the space below to write your own affirmations.**

MY AFFIRMATIONS

## How To Use Self Esteem Affirmations

1. Use positive self talk
2. Set big goals and stay mindful of your goals (write them and place them somewhere you can see them every day)
3. Say and visualise your affirmations everyday
4. Take time to see yourself accomplishing the goals you've set.
5. Think about how good it will feel once you have accomplished your goals - feel that feeling you would feel when the goal is accomplished.

**Here's an example of how you'd use all the steps listed above.**

Imagine your goal was to become a professional singer, but you've always told yourself you couldn't do it because you didn't believe in yourself enough. Here is how you would use the self esteem affirmations exercise.

**1. The first step is to change your Self-Talk to sound like the following:**

I have a great voice

I am an excellent performer

I am a wonderful singer

**2. The second step is to give your dream or goal a deadline like the following example:**

I will have a song in the top 10 of the music charts by June 10, 2015

**3. The Third step is to create an affirmation like the following:**

I am happily listening to the radio hearing that my song has reached the top 10

**4. The Fourth step is to visualise yourself having achieved your goal.**

Do the visualisation everyday for at least 3 minutes. You can refer to the [visualisation exercise](#) in our self esteem activities section of the website to help you with this. Sit down in a quiet place, get relaxed and begin to play the movie in your mind's eye, seeing yourself as a successful chart topping singer.

See yourself singing on stage, with your band and backup singers, see your dancers, see the crowd that has come to see you perform, hear the music, hear the sounds coming from the crowd because they are enjoying your performance.

**Do all the steps 3 times a day**

- When you wake up.
- At lunch.
- Before you go to bed.

Do this regularly and you will begin to see amazing results in your life.

The reason this works is that, when you say your affirmations and play your success movie in your mind's eye every day, it makes something happen to your brain. Your brain begins to subconsciously look for ways to make what you have been saying and seeing happen. You begin to see opportunities you hadn't seen before, you begin to eliminate the wrong beliefs that have held you back and made you doubt yourself and you begin to take action towards the fulfilment of your goals. That's the power of affirmations.