



## DAILY AFFIRMATIONS

AFFIRMATIONS – words or declarations of approval intended for the encouragement of Oneself or Others.

In the box below make a list of **Personal Affirmations** you may recite to yourself today based on things that you know to be true and are not necessarily based on how you feel right now. For example, “You have great value as you were created in the image of God,” “This is a New Day full of possibilities,” etc.

In the box below make a list of **Affirmations for Others** which you may speak over them as you see them throughout your day. These individuals could be spouses, children, co-workers, friends, etc. This gives you an opportunity to encourage others as you are encouraged. (i.e. “You’re a blessing in my life.”)

### Personal Affirmations

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

### Affirmations for Others

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.