



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. I have great value b/c I am created in God’s image
2. My value is not works-based, but b/c I am God’s “Beloved Child”
3. Today, I am “unconditionally loved” by God in Christ
4. Today, my illness does not define who I am
5. Today I am FREE to walk in God’s grace for each moment
6. God’s desire is for me to live abundantly in Him today
7. I have the ability to take “Small steps of Obedience” today
8. I am valued and cared for today by others such as family and friends
9. I am treasured and useful to God for His work in caring for others
10. I can be a light in someone else’s life today

Affirmations for Others

1. God “You are my wonderful Heavenly Father and Creator”
2. Jesus “You are my gracious Savior and Lord”
3. Spouse “You are my beloved wife and caregiver”
4. Friend “You have been a trusted journeyman along the way”
5. Son “You have been very helpful when dad needed a hand”
6. Daughter “You have grown tremendously along this journey”
7. Co-worker “You have been a rock of support in our workplace”
8. Therapist/Counselor “Your wisdom has helped me grow”
9. Pastor “You’re a blessing in my life”
10. Mom/Dad “Thank you for simply listening”