

Affirmations

Please use the form below to list any of your strengths, positive skills, qualities, abilities and achievements together with an illustration or evidence that demonstrates or supports the affirmation. Once you have completed the exercise you may find it helpful to read through your list of affirmations on a daily basis to help with your confidence or motivation.

Fill in the „Illustration or Supporting Evidence“ column, where applicable, to give an example of when you demonstrated the positive characteristic or your other reasons for believing that you have that quality. Filling in the „Illustration or Supporting Evidence“ column can be helpful in making it clear that there is a solid basis for the belief expressed in your affirmation.

Please express your affirmations in the first person, e.g. *„I did...“* or *„I am ...“* or *„I have...‘*

Affirmation of strength, skill, quality, ability or achievement	Illustration or Supporting Evidence (Complete where applicable)