

Write your evidence-based affirmations

- 1 Write your first affirmation. Then write 3 specific examples from your past that support that affirmation.
- 2 Select one of the examples and ask yourself: what else does this demonstrate about me? That's your second affirmation.
- 3 Connect a line between the example you choose and your next affirmation, and fill in your second affirmation.
- 4 For the second affirmation, write 3 specific examples from your past that support that affirmation.

Your affirmation: I am _____

Your affirmation: I am _____
