

# Affirmation Prompts

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1. WHAT DO YOU WISH YOU BELIEVED ABOUT YOURSELF?
2. WHAT ARE THREE THINGS YOU DO BEST?
3. I'M NOT GIVING UP ON...
4. WHAT IS THE ONE BELIEF THAT YOU CHOOSE TO LIVE YOUR LIFE BY?
5. IN WHAT AREAS OF LIFE ARE YOU LIMITING YOURSELF OR PLAYING SMALL?
6. IF I FELT MORE CONFIDENT, I WOULD...
7. WHAT BIG CHANGES DO YOU WANT TO MAKE IN YOUR LIFE?
8. WRITE DOWN A POSITIVE AFFIRMATION FOR TODAY.
9. WHAT LEGACY DO YOU WANT TO LEAVE BEHIND?
10. I HAVE EVERYTHING I NEED RIGHT NOW BECAUSE...
11. I BELIEVE I CAN ACHIEVE...IF I DO...
12. WHAT IS YOUR WORD OF THE YEAR?
13. WRITE THREE "I AM" AFFIRMATIONS.
14. WHAT DO I REALLY WANT TO DO WITH MY LIFE?
15. WRITE A LETTER OF RECOMMENDATION RECOMMENDING YOURSELF AS A FRIEND.