



Affirmations

RECOGNIZING THE GOOD

This worksheet challenges you to find and write out 3 Affirmations for each member of your household.

**I am beautiful and worthy,
inside and out because:**

1

Empty dashed-line box for writing the first affirmation.

2

Empty dashed-line box for writing the second affirmation.

3

Empty dashed-line box for writing the third affirmation.



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My partner is beautiful and worthy, inside and out because:

1

Empty dashed-line box for writing the first affirmation.

2

Empty dashed-line box for writing the second affirmation.

3

Empty dashed-line box for writing the third affirmation.



Affirmations

RECOGNIZING THE GOOD

This worksheet challenges you to find and write out 3 Affirmations for each member of your household.

**My child is beautiful and worthy,
inside and out because:**

1

Empty dashed-line box for writing the first affirmation.

2

Empty dashed-line box for writing the second affirmation.

3

Empty dashed-line box for writing the third affirmation.



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**My child is beautiful and worthy,
inside and out because:**

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**My child is beautiful and worthy,
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**My child is beautiful and worthy,
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