

# Daily Affirmation Worksheet

*Start Your Day with Positivity & Purpose*

## 1. Today's Intention

*(Example: "I choose confidence and joy today.")*

**My intention:**

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## 2. Morning Affirmations

*\*(Write 3-5 powerful statements in present tense.)\**

## 3. Nightly Reflection

- **What went well today?**

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- **How did my affirmations help me?**

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- **One thing I'm proud of:**

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## Bonus: Affirmation Ideas

- *I am worthy of love and success.*
- *I attract positive opportunities with ease.*
- *My mind is calm, and my heart is open.*
- *I trust the journey of my life.*

 *Tip: Repeat your affirmations aloud 3x daily for best results!*

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★Bookmark [5minuteaffirmations.com](https://www.5minuteaffirmations.com) for weekly articles about the benefits of using Affirmations.

★Check out my YouTube channel [5 Minute Affirmations and Reminders](https://www.youtube.com/channel/UC...) for weekly Affirmation videos for when you need them.

