



Forty believable affirmations to choose from, a place to shrink the ones that feel too big, and room for five of your own.

01 Affirmations about your worth and your mistakes

Tick any that feel even a little bit true right now. You don't need to believe them fully, just enough that part of you nods rather than argues.

On my worth

- ☐ My worth doesn't go up and down with how much I got done today.
- ☐ I don't have to earn the right to be treated kindly.
- ☐ I can like parts of myself and still be working on others.
- ☐ I can matter to people, even when I forget it.
- ☐ I'm allowed to take up space.
- ☐ I'm not for everyone, and that's OK.

On mistakes

- ☐ I made a mistake, and that doesn't make me a mistake.
- ☐ I can own what I got wrong without punishing myself for it.
- ☐ Getting things wrong is part of doing anything new.
- ☐ One bad moment doesn't cancel out everything else I've done.
- ☐ I can apologise, put it right where I can, and move on.
- ☐ I'm allowed to learn things later than other people did.

02 Affirmations for your body and for rest

These aren't about loving how you look or never being tired. They're about treating yourself fairly while you feel however you feel.

On my body

- ☐ My body is getting me through today, and that counts.
- ☐ I don't have to love how I look to treat my body kindly.
- ☐ I can eat, move and rest in ways that help me, not as punishment.
- ☐ My body has changed, and it's still mine to look after.
- ☐ Some days I'll feel fine about my body and some days I won't. Both are allowed.

On rest

- ☐ I'm allowed to rest before everything is done.
- ☐ Rest is part of keeping going, not a prize for finishing.
- ☐ Tired isn't the same as lazy.
- ☐ I can stop for today and pick it up tomorrow.
- ☐ Needing a break doesn't mean I'm letting anyone down.

03 Affirmations for boundaries and hard days

Pick the ones you'd want to hear before a hard conversation, or at the end of a day that went badly.

On boundaries

- ☐ I can say no and still be a kind person.
- ☐ Other people's disappointment isn't always mine to fix.
- ☐ I'm allowed to change my mind.
- ☐ I don't owe a long explanation for every no.
- ☐ Looking after my time and energy isn't the same as being selfish.
- ☐ I can care about someone and still say 'not this time'.

On hard days

- ☐ Today is hard, and it won't feel exactly like this forever.
- ☐ I've got through hard days before.
- ☐ I only have to do the next small thing.
- ☐ It's OK that I'm not OK right now.
- ☐ I'm allowed to ask for help, even with small things.
- ☐ Doing the bare minimum today still counts.

04 Affirmations for growth, and your shortlist

Tick any that fit, then look back over every list on this page and pull out the few that felt most true.

On growth

- ☐ I'm a work in progress, and that's normal.
- ☐ I don't have to have it all figured out to keep going.
- ☐ Small steps still move me forward.
- ☐ I can be proud of how far I've come and still want more.
- ☐ I'm learning to be kinder to myself, even if it's slow.
- ☐ I don't have to grow at anyone else's pace.

The three that felt most true to me:

1. _____
2. _____
3. _____

05 Shrink a too-big affirmation into a believable one

Think of an affirmation you've heard or tried that made you cringe, like 'I love everything about myself' or 'I am confident'. Write a smaller version you can actually believe, then rate how believable it feels from 0 to 10. Ways to shrink it: add 'I'm learning to', add 'and' ('I can feel nervous and still do it'), make it about what you do rather than how you feel, or make it about today only.

The big version	A believable version	How believable? (0 to 10)
The one that makes me argue back	Smaller, kinder and true enough	

If a rewrite still scored low, how could I make it smaller or more specific?

06 My own five, and when I'll use them

Choose five affirmations to keep: from the lists, from your rewrites, or written fresh. Then decide when you'll actually see or say them. There's no proven schedule, so pick moments that fit your day rather than a rule.

My five affirmations, in my own words:

1.

2.

3.

4.

5.

When I might use them (tick any that fit):

- ☐ First thing in the morning, before my phone
- ☐ Before something I'm nervous about
- ☐ Straight after a mistake, when the harsh voice starts
- ☐ When I'm tired and tempted to push on
- ☐ Before saying no to someone
- ☐ At the end of the day, looking back

Where I'll keep them so I see them (for example a phone note, a mirror, the inside of a notebook):

07 A different kind of affirmation: your values

In psychology, 'self-affirmation' usually means something else: writing for a few minutes about a value that matters to you. It doesn't ask you to say anything nice about yourself at all. Try it here, especially before something stressful.

One value that matters a lot to me (for example kindness, family, honesty, creativity, learning):

Why it matters to me, and a time I lived by it, even in a small way:

When you're done, a moment to reflect

- Which affirmation made you argue back the hardest? What does that argument say, and is it fair?
- Which one would you say to a friend without a second thought, but struggle to say to yourself?
- When did you last act in a way that matched one of your ticked affirmations, even briefly?
- If you came back to these lists in a month, which do you hope would feel more true?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life.

If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.