

# COPING SKILLS WORKSHEET

## POSITIVE AFFIRMATIONS

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An Affirmation is a positive reminder or statement that is used to encourage and motivate yourself or others. For some it's a lot easier to affirm a friend or loved one, but difficult to affirm ourselves. Use this worksheet to create your own affirmation cards and practice affirming yourself when you are feeling anxious, sad or overwhelmed. Think of positive, encouraging statements you might say to a friend and say those statements to yourself, throughout the day. Allow yourself to design each card with colors, shapes, drawings, and stickers. Ex. I am loved, I am smart, I have supports. I can and will do it, I am strong.
