

Using Affirmations to **Increase Happiness**

WORKSHEET

Louise Hay and countless others believe that using affirmations can help us change how we view ourselves. Affirmations are positive statements that are written in the present, or moving toward the goal. For example: I love and accept myself exactly as I am. Or, my body is becoming stronger and healthier every day.

Think of affirmations for the following and write them below.

▶ My body is

▶ My mind is

▶ My work is

▶ My relationships are

▶ My health is

▶ My home is

▶ My friends are

▶ My family is

▶ My social life is

▶ My finances are

▶ My sex life is

▶ My spiritual life is
