

Positive Affirmation Statement

I am a _____ person who wants to

_____. I know I can do this because I am

_____.

I know this won't happen instantaneously, but I will trust the process. I will focus on

_____ and _____ because I am determined

to _____.

I will never give up when I fall, I will get back up because I am _____ and

_____. I will remember I am doing this because

I CAN and I WILL conquer this!