

# Morality Module: Self-Esteem: Christian Affirmations Worksheet

## RULES FOR MAKING AFFIRMATIONS:

- ❖ Affirmations are about yourself. They should be about your own behavior, never someone else's.
- ❖ Affirmations start with the words "I am..."
- ❖ Affirmations are positive. Never use the word "not" in an affirmation. For example, instead of writing "I am not afraid to share my Christianity," you could write, "I am confidently sharing my Christianity."
- ❖ Affirmations are short.
- ❖ Affirmations are specific. For example, instead of writing, "I am praying more often," you would write, "I am wholeheartedly praying for peace more often."
- ❖ Affirmations are in the present tense.
- ❖ Affirmations have a "feeling" word in them. Examples include "confidently," "successfully," or "gracefully."

## My Christian Affirmations

**Come up with a list of 5 Christian affirmations. Be sure to recite these 5 affirmations in the morning, in the afternoon, and before you sleep everyday. Come next week, we will discuss how it positively affected your self-esteem.**