

Positive Affirmations of My Personal Truths

Name: _____ Date: _____

Rephrase any circled responses from the previous exercise, *My Personal Truths*, so that they are more helpful to you in achieving the life you would like to live:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Was this exercise difficult for you? Why or why not?

Did you notice any recurring themes? Were these themes positive or negative?

How could you adapt more positive personal truths to help you live the life you would like to live?
