
Self-Affirming Practices Worksheet

Section 1: Journaling Prompts for Self-Affirmation

Use these prompts weekly or daily to center your voice, values, and victories.

Prompt

Date Reflection Notes

What truth do I need to hear today?

What did I do well this week?

How am I honoring my values in this season?

What am I proud of that no one knows?

What support do I need right now?

What part of my story deserves more celebration?

 *Tip: Use color, stickers, or symbols to mark emotional tone or energy level.*

Section 2: Community Check-In Template

Choose a rhythm—weekly, biweekly, or monthly—and use this format with your circle.

Check-In Date	Who's Present	Wins Shared	Support Requested	Affirmations Offered
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 Sample Questions:

- “What’s one win you want to celebrate?”
 - “What support do you need this week?”
 - “What’s something you’re proud of that no one knows?”
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Section 3: Designing Your Affirmation Ecosystem

Use this space to sketch your ideal rhythm and tools.

Ritual Element	Frequency	Tool/Location	Notes
Journaling	Daily / Weekly	Notebook / OneNote / Loop	
Community Check-In	Weekly / Monthly	Text / Slack / Zoom	
Affirmation Reminder	Daily / Weekly	Phone Alert / Planner	
Reflection Review	Monthly / Quarterly	Dashboard / Trello	

✳ *Optional: Create a Copilot Page to track your rituals and reflections.*
