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BLANK AFFIRMATION FORM

_____ 's AFFIRMATION FORM, & PERSONAL DAILY SELF-NURTURING STRUCTURE.

DATE:		Please help me remember:						
I can choose to say my affirmations four times each, five times each day. In this way... I can choose to create Long-Term Memory from Short -Term Memory!								
AFFIRMATION SET #1		WHEN I WAKE UP		CK	AFFIRMATIONS #4		AT DINNER	CK
#1					#1			
#2					#2			
#3					#3			
#4					#4			
AFFIRMATIONS #2		AT BREAKFAST		CK	AFFIRMATIONS #5		AT BEDTIME	CK
#1					#1			
#2					#2			
#3					#3			
#4					#4			
AFFIRMATIONS #3		AT LUNCH		CK	PHYSICAL SELF NURTURING			CK
#1								
#2								
#3								
#4								
SELF PRAISE NOON				CK	SELF PRAISE NIGHT			CK
DAILY NOTES								