

Have Faith

Affirmations and Sentence Stems

Consciously align your inner voice toward reaching your goals. You can do this by practicing speaking affirmations. For example:

I can overcome challenges.

I have what it takes to reach my goals.

I can learn from this experience.

You can also do this by using sentence stems. Write out each stem five to ten times and fill in the blank. This writing exercise will help you see your thought patterns more clearly, foster deeper engagement with your mind, and remind you that you are in control.

I am grateful for _____ .

This experience has taught me _____ .

I am able to let go of _____ .

I have faith that I _____ .