



Four Finger Affirmations

Select four words that make you feel calm and confident. It might be a sentence or just four words.

Examples: *“I am loved today”*
“I believe in me”
“Breathe, listen, smile, love”
“I can handle this”

Each word you have chosen will match a finger on your hand.

As you say your affirmation in your head, connect each finger with your thumb.

Keep In Mind

- The more you say this to yourself the more you will feel that what you say is true.

