



# My Daily Affirmations Workbook

Ready? Repeat after me!

**CHANGE YOUR SELF TALK  
ENCOURAGE YOURSELF EVERYDAY  
AND GRW YOUR CONFIDENCE FOR  
SUCCESS**

Hello limitless professional!

Growing self-confidence is crucial for you to thrive and grow in your career.

Your confidence in the workplace comes from knowing your skills and attributes and understanding your value to any team.

It also comes from knowing that you can learn new things as you meet new challenges on the ward or in the office or community where you work.

Many things can impact your confidence and how you show up in the workplace.

Your SELF-TALK is one of them. It may even cost you opportunities.

The link between Self -talk and performance is a well-researched area in the performance of sports professionals, and researchers have made positive suggestions.

Your self-talk can be empowering or debilitating and may cause you to flounder; otherwise, you could thrive and excel in your work and healthcare projects.

From today you will take control of your inner critic to become a better friend to yourself by affirming yourself.

I hope you enjoy this 7-day challenge workbook and become the confident professional you are.

Best wishes

Beulah Chizimba

Your Leadership & Career Development Coach and Mentor

**Day 1: Meditate on this affirmation today**



**Write down anything you think you can do today to make yourself proud and appreciate yourself in the next 24hrs.**

**Day 2: Meditate on this affirmation today**



**Write down anything you think you can do today to make yourself proud and appreciate yourself in the next 24hrs.**

**Day 3: Meditate on this affirmation today**



**Write down anything you think you can do today to make yourself proud and appreciate yourself in the next 24hrs.**

**Day 4: Meditate on this affirmation today**



**Write down anything you think you can do today to make yourself proud and appreciate yourself in the next 24hrs.**

**Day 5: Meditate on this affirmation today**



**Write down anything you think you can do today to make yourself proud and appreciate yourself in the next 24hrs.**

**Day 6: Meditate on this affirmation today**



**Write down anything you think you can do today to make yourself proud and appreciate yourself in the next 24hrs.**



**Day 7: Meditate on this affirmation today**

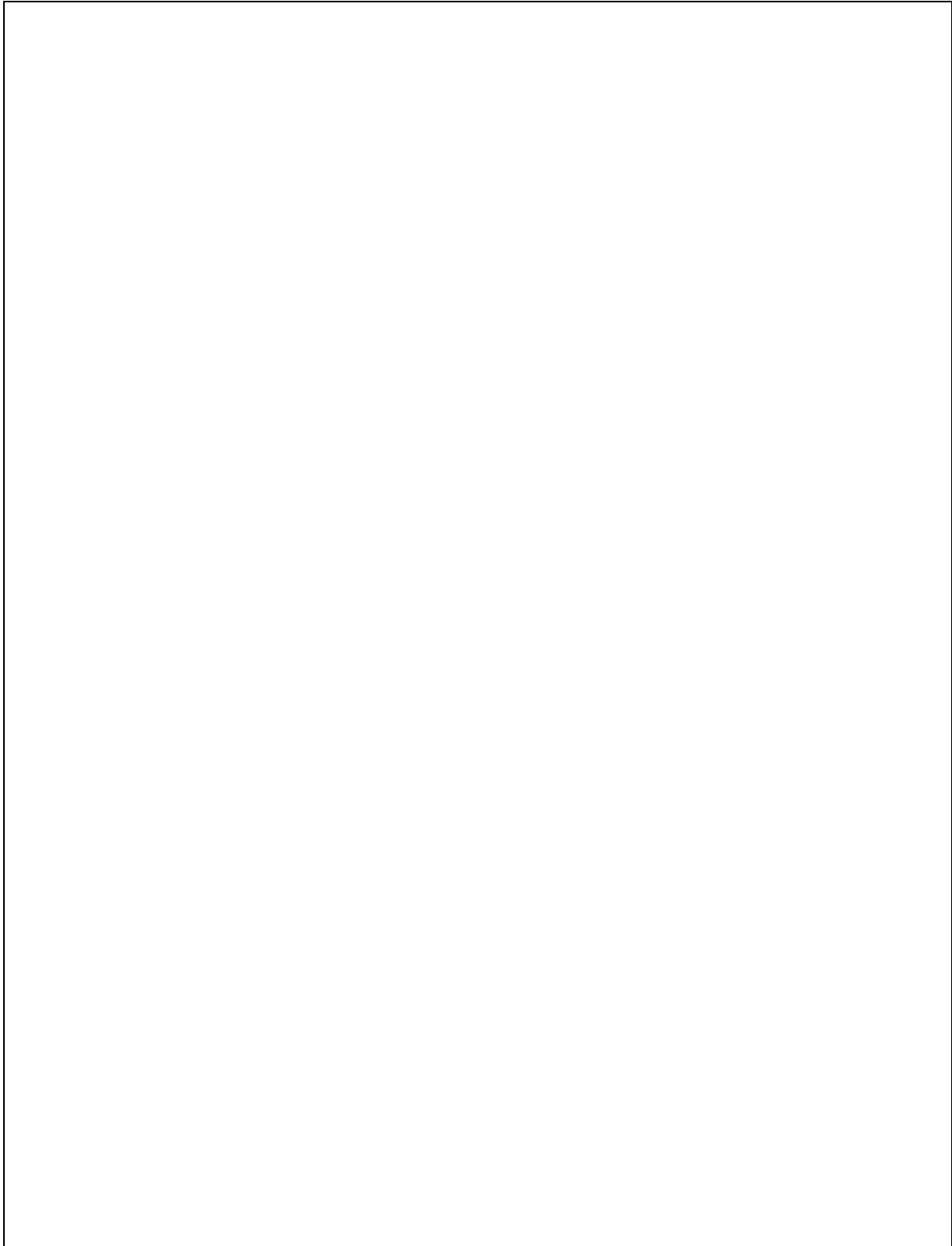


**Write down anything you think you can do today to make yourself proud and appreciate yourself in the next 24hrs.**

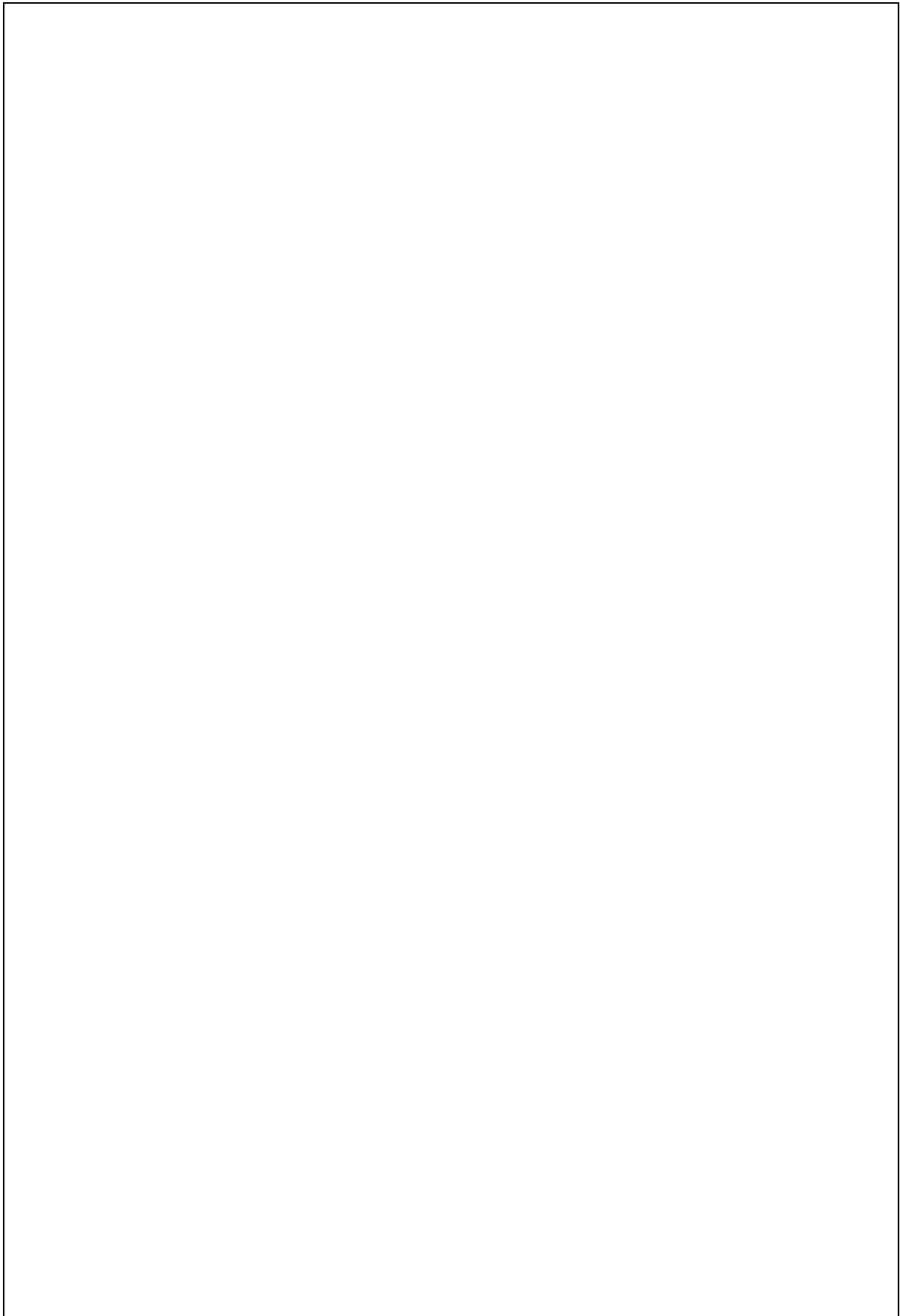
**Well done for completing the 7-Day Challenge. It is time to reflect!**

**Reflect on these three questions.**

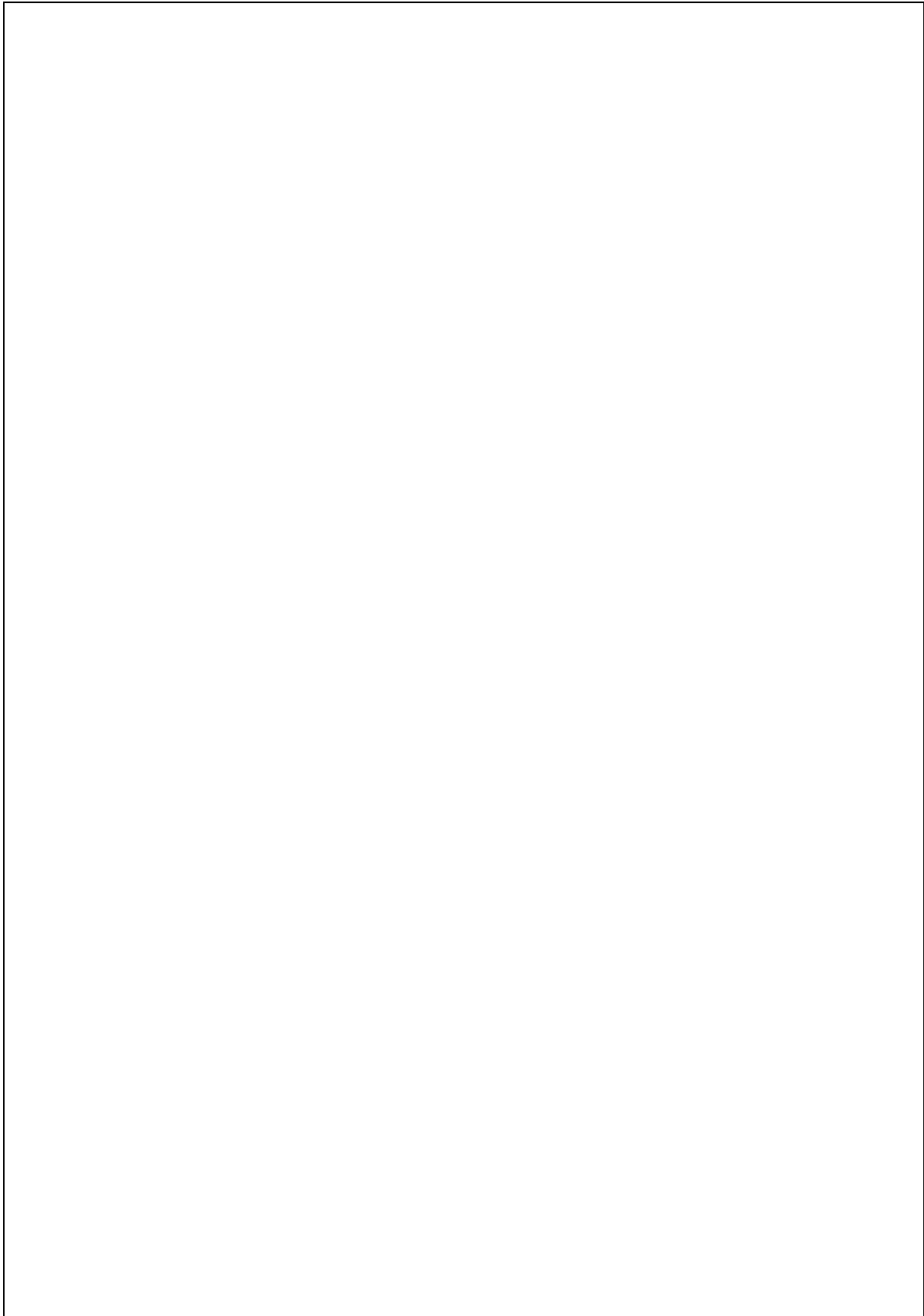
**Q1: How do I demonstrate my pride in myself in the workplace?**

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

**Q2: What is one compliment I want to give myself today?**

A large, empty rectangular box with a thin black border, intended for the user to write their answer to the question above.

**Q3: What is the difference between pride and conceit? Which one am I displaying in the workplace?**

A large, empty rectangular box with a thin black border, intended for the user to write their answer to the question above.