Collegiate Career COACH

Planning your post-graduate success TODAY.

Affirmation Log

Fold this paper in half vertically. Write down any negative thoughts that come to mind about yourself and your abilities on the right side of the journal. For each negative thought, write a positive thought on the left side that you can repeat to yourself at least five times per day. The chart should be filled over a length of time so that you can go over each positive affirmation individually.

Positive Affirmations	Negative Self Talk

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making ideal careers reality