

# Fun Mental Health Worksheet

Name: \_\_\_\_\_

**Instructions:** Affirmations can be a powerful tool for nurturing positive emotions and self-belief. Use this worksheet to create fun and uplifting affirmations for various emotions, promoting a healthy and joyful emotional mindset.

**Part I:** Identify a range of emotions you commonly experience. Create Affirmations: For each emotion, come up with a positive and playful affirmation. Remember to keep it fun and light-hearted!

**Happy:** \_\_\_\_\_

**Sad:** \_\_\_\_\_

**Excited:** \_\_\_\_\_

**Calm:** \_\_\_\_\_

**Anxious:** \_\_\_\_\_

**Grateful:** \_\_\_\_\_

**Angry:** \_\_\_\_\_

**Loved:** \_\_\_\_\_

**Confident:** \_\_\_\_\_

**Curious:** \_\_\_\_\_

**Part II:**

**Daily Affirmation Ritual:** Pick one or two affirmations each day to focus on. Repeat them to yourself in the mirror or write them down in a journal. Embrace the playful energy of the affirmations and let them infuse your day with positivity.

**Part III:**

**Reflection Questions:**

How did creating playful affirmations make you feel?

Which affirmations resonate with you the most, and why?

How can you integrate these fun affirmations into your daily routine?