

## 41 Affirmations for Preparing for a Performance Review

A moment to pause, reflect, and choose a useful next step.

1. I can gather examples of my contributions.
2. I can note obstacles that affected delivery.
3. I can prepare questions about future expectations.
4. I can describe growth honestly.
5. I can raise a support need clearly.
6. I can listen without accepting vague judgments as facts.
7. My review can include work that lacked visibility.
8. I can bring examples rather than rely on memory.
9. Context matters alongside results.
10. I can ask how expectations were measured.
11. A formal meeting need not decide my whole identity.
12. I can name a contribution plainly.
13. A difficult period may require explanation.
14. I can distinguish development from punishment.
15. My questions deserve a place in the conversation.
16. I can ask for clarification of a vague rating.
17. A review should leave practical next steps.
18. I can request appropriate support for a new expectation.
19. I need not agree immediately to unclear goals.
20. Progress can be discussed with evidence.
21. A balanced review can include strengths and gaps.
22. I can take notes for a useful follow-up.
23. Feedback becomes more useful when it includes an example.
24. I can ask what a better result would look like.

25. The delivery of a comment and its factual content are different questions.
26. I can take time to understand before defending my work.
27. A review can include context as well as outcomes.
28. I do not need to agree with every vague label.
29. I can record an agreed next step while it is clear.
30. Useful feedback can change a task without diminishing my dignity.
31. I can ask for support needed to meet an expectation.
32. A harsh tone does not have to become my inner voice.
33. I can notice positive evidence without using it to dismiss a genuine issue.
34. Progress after feedback can be practical and gradual.
35. I can keep confidential information private while asking for appropriate guidance.
36. Professionalism can include a respectful request for clarification.
37. I can review an expectation when the circumstances of the work change.
38. I can ask what a good result would look like before guessing.
39. A clear question is often more useful than confident guessing.
40. Asking for support can be part of delivering responsibly.
41. I can distinguish an urgent task from a loudly expressed request.

Choose words that feel believable. Pair them with a small action. Affirmations support reflection; they do not guarantee outcomes or replace professional care.

Source: <https://affluma.com/preparing-performance-review-affirmations/>