

Self-Affirmations



Creating self-affirming statements can help to train your brain to focus in on the positive things in your life, as well as validate and prioritize your goals and intentions. This practice can help divert attention away from the discouraging thoughts that naturally absorb more of our attention. Overtime, this activity will encourage you to notice the tone of your thoughts and assumptions about yourself, and create a more natural habit of positive thought substitution.

What is an affirmation?

A positive statement about your life or intentions that you create and repeat often. This is an exercise in reframing negative, destructive thoughts and transforming them into empowering, constructive thoughts that create possibilities.

What do these statements look like?

Self-Affirmation statements can take many shapes—things you already do and/or positive feelings you already have that you want to acknowledge; things you want to achieve, connections you want to cultivate, or personal development goals you want to prioritize.

Examples:

- “I go to the Rec three times each week and it makes me feel empowered and strong.”
- “I meditate five minutes each night before bed and I feel at ease.”

How do I practice self-affirmations?

1. Start off with a limiting belief that you would like to change.
2. Create a positive alternative. In other words, what would you *rather* believe about yourself?
3. Create as many or as few of these self-affirmation statements as you like. Sometimes, especially in the beginning, it can be helpful to start off small.
4. Accountability is important: Where do you want to see this statement in your life? How do *you* want to remind yourself? Here are a few ideas of ways to remind yourself:
 - Set a silent alarm on your phone that reminds you of your statement at a certain time each day.
 - Jot the statement on a post-it note and put it on your mirror.
 - Write the statement on a piece of paper and decorate it. Hang it on your wall as a decoration.
 - Tell a friend: include someone in the process of your self-development.

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