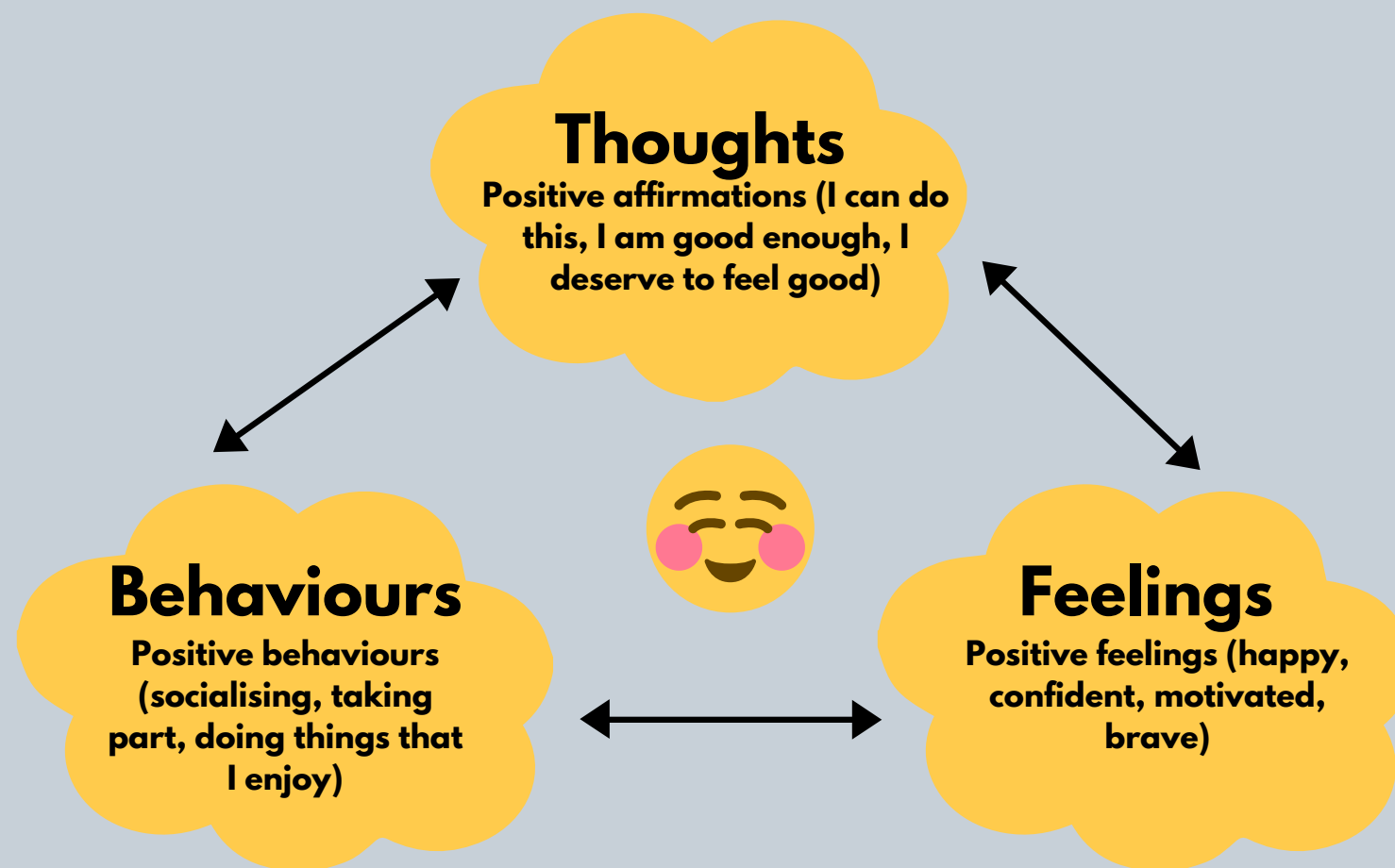


Positive Affirmations

What is a positive affirmation?

A positive affirmation is a positive thought or statement we can tell ourselves to help raise our self-esteem and feel better.

Our **thoughts**, **feelings** and **behaviours** are all linked together! So, if we can think more positively about ourselves, we will feel more positive and do more positive things.



It can be easy to think negatively about ourselves and the world around us, and this has a negative impact on the cycle. If we think negatively, we feel bad and this stops us from doing/enjoying things which are important to us.

How do I use positive affirmations?

- Positive affirmations stick in our mind the more we repeat them.
- Choose a maximum of 3 positive affirmations at a time to practice using.
- Try repeating your positive affirmations on a morning and before you go to bed (however, any time of day is good to use them).
- By repeating positive affirmations at the same times each day, they will become a helpful habit and we will start to think them automatically.
- Don't just mindlessly repeat your affirmation. Make sure you take time to think about what it means and notice how it makes you feel.

Examples of positive affirmations



Creating your own positive affirmations

You might find the examples above helpful to get you started but a positive affirmation that you have made yourself can be even more helpful and powerful. Everyone is different and it is important to find the right positive affirmations that work for YOU!

Finish completing the table to identify some of your negative thoughts/beliefs and challenge them by changing them to something more positive. Here are some examples:

| negative thought/belief | challenge the negative thought/belief |
|----------------------------------|---|
| People think bad things about me | It's okay to be different Other people's opinions are not facts We can't please everyone all the time We don't know what other people are thinking |
| I am going to fail | The past doesn't have to impact the present and the future Perfection doesn't exist Mistakes and weaknesses do not mean failure |

Use your ideas from your thought/belief challenging table to create your positive affirmations. They should be:

- Short
- In the present tense
- Be meaningful to you
- Positive

Use the next page to create a positive affirmations poster and put it somewhere you can easily look back on.

If you are finding it hard, try starting your affirmations with 'I am...', 'I will...' and 'I can...'

My Positive Affirmations