

## Positive Affirmations

Over the years, we tend to get into unhelpful thinking habits, and thinking negatively about ourselves and situations. Using positive statements can help us develop a new attitude to ourselves and our situations.

Choose statements from those below or make some that mean more to you from our qualities and personal attributes attached and repeat, repeat, repeat throughout the day, every day, of every week, of every month.

You might want to write them on post it notes and stick them in places you will see them throughout the day. Have some by the kettle and when you make a tea or coffee say them out loud to yourself. Have some in the bathroom so when you get up each day and at night before bed you go to clean your teeth say them to yourself. Remind yourself of all the strengths and qualities you possess.

You can also write out a card with your affirmations and carry it with you.

For the positive affirmations to work, you must say them, see them and repeat them often and then you can use them whenever you notice you have that negative thought – immediately turn it around by using your affirmation.

Use a statement that starts with “I” and use the present tense. See the examples below – choose one, adapt one, or make up your own. Make it something broadly realistic, even if you don’t believe it right now.

- ❖ I am strong.
- ❖ I am determined and successful.
- ❖ I am a good and worthwhile person.
- ❖ I am a unique and special person.
- ❖ I am confident and competent.
- ❖ I hold my head up high.
- ❖ People like me – I am a likeable person and I like myself.
- ❖ I care about others.
- ❖ I am needed and worthwhile.
- ❖ I am a loving person.
- ❖ I have a lot to be proud of.
- ❖ I can achieve anything I want to achieve.
- ❖ I make wise decisions based on what I know.
- ❖ I’m moving towards my goals.
- ❖ I am calm and confident.
- ❖ I have many options and can make good decisions.
- ❖ Today is the first day of the rest of my life and I will take notice of the many positive things this day has to offer.
- ❖ All is well, right here, right now.