THE POWER OF
POSITIVE
AFFIRMATIONS
• Have you ever been in a situation where everyone around you was being negative?
  • Did you become negative?
  • If you remained positive, did you feel out of place for being happy/positive?
• What are some ways you get out of negative ways of thinking?
WHAT ARE POSITIVE AFFIRMATIONS?

• Positive statements that can help you to challenge and overcome self-sabotaging and negative thoughts

• When you repeat them often, and believe in them, you can start to make positive changes.

• The affirmations begin to take charge of your thoughts, slowly changing your pattern of thinking and ultimately changing your life.
BENEFITS OF POSITIVE AFFIRMATIONS?

• To relieve stress
• Release you from negativity, fear, worry, and anxiety.
• Have been linked positively to academic achievement and increased GPAs
• Motivate you to act on your goals
• Force you to concentrate on your goals
• Changes negative thought patterns into positive ones
• Influence your subconscious mind to access new beliefs
• Help you feel positive about yourself and boost your self confidence
HOW TO USE POSITIVE AFFIRMATIONS

• Create a short list of affirmations (5 to 10) and write them on a note card, in your phone, or in a journal.

• In order to be effective, they must be used daily (at a minimum)

• Read them once when you wake up in the morning and once before bed
I embrace my flaws because I know that nobody is perfect

I don’t want to look like anyone but myself

I get better every day in every way

My self-worth is not determined by a number on a scale

I matter, and what I have to offer this world also matters

I love myself deeply and completely
This too shall pass

Failure is great feedback

I am confident about solving life’s problems successfully

I learn from my challenges and always find ways to overcome them

Everything works out for the best possible good

I press on because I believe in my path
If I can conceive it and believe it, I can achieve it

The future is good, and I look toward it with hope and happiness

I can do whatever I focus my mind on

I follow my dreams no matter what

All my problems have solutions

I am open to all possibilities
I compare myself only to my highest self

I am not trying to fit in, because I was born to stand out

I refrain from comparing myself to others

Beauty comes in all shapes and sizes

I am who I want to be starting right now

I see perfection in both my virtues and my flaws
- I belong, and I am good enough
- No one can make me feel inferior without my consent
- I surround myself with people who treat me well
- I see the beauty in others
- I am safe and sound, and all is well
- It is okay to say no because those who matter don’t mind and those who mind don’t matter
TO IMPROVE OVERALL ATTITUDE

I am perfect and complete just the way I am

I control my emotions; they don’t control me

I am too big a gift to this world to feel self-pity

Today is the best day of my life

I fill my day with hope and face it with joy

I choose to fully participate in this existence

The mistakes I made yesterday are creating the person I’ll be tomorrow
<table>
<thead>
<tr>
<th>To Improve Friendships</th>
</tr>
</thead>
<tbody>
<tr>
<td>I love all my friends, even those who disagree with me</td>
</tr>
<tr>
<td>My friends are exactly who I need in my life</td>
</tr>
<tr>
<td>I connect well with others</td>
</tr>
<tr>
<td>I attract wonder positive people into my world</td>
</tr>
<tr>
<td>I am a supportive and dependable friend</td>
</tr>
</tbody>
</table>
I enjoy classes

I succeed in school

I always do my best because I am a great student

Getting good grades is what I do

I am good at learning

I am blessed to learn something new every day

Education is a gateway to my financial independence

My education is important to me because it prepares me for my future
Prepare for amazing results!

Do this every day (even the weekends) for 1 month

Read the affirmations once when you wake up and once before going to bed

Write these affirmation on note cards or in your phone

Create a list of 5 to 10 positive affirmations to use in your life.

Create a list of 5 to 10 positive affirmations to use in your life.