

THE POWER OF POSITIVE AFFIRMATIONS



Fig. 1



VIDEO DISCUSSION

- 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



**TO
INCREASE
SELF
ESTEEM
AND BODY
IMAGE**

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

**TO HELP
HANDLE
ADVERSITY**

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

**TO BELIEVE
IN THE
FUTURE**

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

**TO REDUCE
COMPARING
YOURSELF
TO OTHERS**

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

TO HANDLE BULLYING OR SOCIAL CONFLICT

- 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

**TO IMPROVE
FRIENDSHIPS**

I love all my friends, even those who disagree with me

My friends are exactly who I need in my life

I connect well with others

I attract wonderful positive people into my world

I am a supportive and dependable friend

**TO IMPROVE
ACADEMICALLY**

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

THE CHALLENGE

Create

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

Write

Write these affirmation on note cards or in your phone

Read

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

Do

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

Prepare

Prepare for amazing results!

