

## Positive Affirmations

Self-talk is something most of us do all the time but we are not really conscious of it. Often, self-talk is related to negative thoughts that cause you stress. In order to reduce stress, it is important to turn your thinking around by creating alternative positive statements or affirmations.

### Reprogramming your thinking

***Negative thinking patterns can crush your efforts to change your life.*** Positive affirmations about you and your life will help you develop better and more productive perceptions of yourself.

### How to use positive affirmations:

1. Create a set of positive affirmations that are personal and meaningful to you.
2. Say a positive affirmation to yourself out loud.
3. Then quietly repeat it to yourself.
4. Do this exercise once a day or anytime you need to break negative thought patterns.

### How to create your own positive affirmations:

- Always keep your statement in the first person. Use “I” or “my” in the statement.
- Use present tense. Write “I am” rather than “I will be.”
- Be specific and create positive statements. For example, say “I feel strong and healthy” instead of “I am not going to be sick.”
- Avoid using the word “try.” If something feels untrue or seems impossible, write things like “I’m learning to” and “I’m getting better at.”

We rarely focus on the things that we really like about ourselves; instead, we choose to dwell on the things we’d like to change. Therefore, it is important to write positive affirmations about the positive attributes you already have along with counteracting the negative, harmful self-talk.

For the best results with positive affirmations, you will need to create a set that are personal to you and repeat them often - the more you affirm something, the more firmly your mind will accept it! Here are some examples to help guide you in creating your own:

- I am a confident and positive person.
- I am strong and powerful.
- I love myself just the way I am.
- I am in charge of my life.
- I choose happiness.
- I choose healthy relationships.
- I am respectful to the ones I love.
- I make healthy choices for myself.
- I have a lot of energy.
- I am calm and relaxed.
- My thoughts are under my control.
- I am loveable.

### 3 Positive Psychology strategies that can quickly increase your level of happiness.

1. Being grateful for what you have and showing people that you appreciate them benefits your brain in many ways. See the Benefits of Gratitude chart below.
2. Start every day with “Today is going to be a great day.”
3. Finish every day by writing down “What went well today.”

