

## Daily Affirmations Practice

Did you know *your thoughts help shape your reality*? We all have an inner voice in our heads that helps us navigate each day. We hear neutral thoughts like, “I should go to the bathroom,” positive thoughts like, “I did a great job!” and negative thoughts like, “I’m not good enough.”

Thoughts that get repeated the most change the structure of our brains. They do this by strengthening the connection between the brain cells responsible for that thought pattern. When you pay more attention to your negative thoughts, you strengthen those brain cells and will hear those messages more often. It can start to feel impossible to escape negative thoughts. But you can re-train your brain to strengthen your positive thought patterns instead.

### What are Affirmations?

Positive affirmations are encouraging messages you speak, write or think to yourself to support yourself. They help interrupt patterns of negative thought, build self-compassion and help achieve desired behaviors.

### Practicing Affirmations

Practicing daily affirmations can help increase positive thought patterns and the way you see yourself. Alone, speaking affirmations can’t retrain your brain.

To see results, you must take time to:

1. review your thoughts
2. set an intention
3. practice
4. take action.



**1. Review Your Thoughts**

Reflect on the positive and negative thoughts you think to yourself most days. Write them below in the separate columns. If you aren't sure what to write, take a day to notice your thoughts and write them here.

*Things I tell myself that are...*

<u>Positive</u>	<u>Negative</u>



## 2. Set an Intention

Review the negative thoughts you wrote down. What encouragements do you need to prove those thoughts wrong? Don't rush this part! Take time to consider what encouragements you need. If it helps, imagine what a caring friend or family member might say to encourage you.

**Create up to five statements** and write them here:

- 1.) \_\_\_\_\_  
\_\_\_\_\_
- 2.) \_\_\_\_\_  
\_\_\_\_\_
- 3.) \_\_\_\_\_  
\_\_\_\_\_
- 4.) \_\_\_\_\_  
\_\_\_\_\_
- 5.) \_\_\_\_\_  
\_\_\_\_\_

### Write, think, or speak

Would you like to *speak* your affirmations aloud, *write* them down or *think* them?

Everyone's level of comfort and access to privacy are different. It can feel weird to speak positive words aloud to yourself—but this is the most effective approach. You may want to create an audio recording of your affirmations and listen to them. Research suggests that reading or hearing affirmations from yourself *to yourself* can be even more effective.

If you're not comfortable with speaking or writing (or if you simply don't always have the time) you can think your affirmations.

### 3. Practice

You don't *have* to establish a schedule to practice affirmations, but you will want to come up with a routine and stick to it.

#### Establish a practice

Set aside time each day to practice affirmations. Choose a morning time and an evening time that work for you. *See the Affirmations Practice Routine and calendar at the end of this activity for instructions.*

#### In the moment

Short on time? Pause and think or say your affirmations aloud when you notice negative thoughts come up throughout the day.

### 4. Take Action

There's just one more thing. Your brain needs proof that these positive thoughts are true. To prove your negative thoughts *wrong*, you must act in a way that proves your encouragements are *right*! Your affirmations become your reality through *action*. Review the examples below and decide what actions you'll take to prove your affirmations right.

Here are some examples:

The diagram illustrates three individuals, each with a specific affirmation and a list of action steps to prove it true. The first person has a purple thought bubble with the affirmation 'I am a good student' and a pink box with action steps: Listen in class, Ask questions, Complete work on time, and Study hard. The second person has a green thought bubble with 'I am beautiful the way I am' and a green box with action steps: Avoid ridiculing your body and Avoid comparing your body to others. The third person has a blue thought bubble with 'I deserve respect from others' and a light blue box with action steps: Set boundaries with others, Stand up to bullies, and Respect others.

Building a daily practice **takes time**. If you're ready to practice every day, go ahead! Otherwise, try setting a goal to practice your affirmations once, twice, or three times per week. Add more days when you're ready.

## Affirmations Practice Routine

*Print or copy this page onto paper and post it where you practice your affirmations each day.*

### Instructions:

Find a quiet space to be alone, in front of a mirror if possible. Before saying your affirmations aloud take four deep breaths. If you are in front of a mirror, look at yourself. If you are not in front of a mirror, close your eyes. For a moment, or as long as feels comfortable, let feelings of self-compassion fill your heart.

When you're ready, say each affirmation aloud (if you prefer to write, write the affirmations in a notebook. Use the same notebook each time). Take your time. Pause between affirmations. Notice how it feels to hear the encouragements from yourself.

### Affirmations *(copy your affirmations below)*

- 1.) \_\_\_\_\_
- 2.) \_\_\_\_\_
- 3.) \_\_\_\_\_
- 4.) \_\_\_\_\_
- 5.) \_\_\_\_\_

### Calendar

Use the calendar on the next page to track your progress.

Place a check mark in the boxes when you've practiced your affirmations.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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