

HOW TO USE AFFIRMATIONS IN YOUR SORORITY

*A Guide to Creating
Uplifting Chapter Culture*

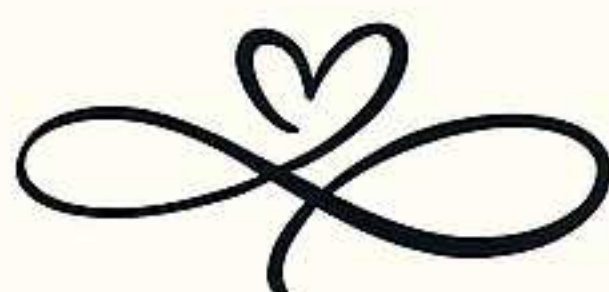
**MARTINA
MARIE DOMINO**



MARTINADOMINO.COM

Pair with Affirmations for a Happy New Year book

Uplifting Women, One Affirmation at Time



How to Use Affirmations in Your Sorority

A Guide to Creating Uplifting Chapter Culture

Introduction

In every sorority, the bonds of sisterhood are strengthened not only through traditions and events but also through intentional acts of encouragement and support. Affirmations are short, positive statements spoken aloud or read silently and have the power to reframe our thinking, boost confidence, and deepen connection. Whether you're welcoming new members, planning a retreat, or simply starting your weekly chapter meetings, using affirmations can bring unity, peace, and power to your sorority culture. This guide offers creative and impactful ways to embed affirmations into the daily rhythms of your sisterhood so every member feels valued, motivated, and aligned with your chapter's goals.

Key 1: Start Each Meeting With Affirmations

Kicking off each chapter meeting with positive affirmations sets a powerful tone for unity, focus, and intention. This practice helps members shift their mindset from the distractions of the day to a space of collective empowerment. Affirmations like "We are strong, resilient women united in purpose" can establish a sense of purpose and sisterhood. As sisters repeat these positive statements together, the shared energy builds trust and encourages mutual respect. Starting meetings this way also reinforces the sorority's values and promotes a culture of encouragement. Over time, this small habit can significantly boost morale and engagement. You'll find that members are more attentive, inspired, and ready to contribute meaningfully. Affirmations create an emotional and mental reset that honors the traditions and growth of the chapter. It's a simple yet transformative addition to any agenda.

Affirmations to use:

- I am a valuable voice in this sisterhood.
- We are united and focused on a common goal.
- I show up with purpose and grace.
- Our words uplift and empower.
- I am ready to lead, listen, and love.

Key 2: Incorporate Affirmation Boards in Your Sorority House or Shared Spaces

Visual reminders of affirmations throughout the sorority house can serve as daily boosts of encouragement. Consider setting up a beautifully designed board near the front entrance or in the common room with rotating affirmations. Members can contribute by writing their favorite positive phrases or choosing a weekly affirmation theme. Seeing statements like “I am confident in my abilities” or “We rise by lifting each other” reinforces positivity during daily routines. This also cultivates an environment of shared inspiration and emotional support. New members, guests, and visiting alumni will be welcomed by an atmosphere that radiates purpose and unity. The board can become a bonding tradition and an easy way for members to uplift each other silently. Even a glance at the affirmation board can help someone reset after a stressful day. The consistent presence of uplifting language makes your chapter a true home for every sister.

Affirmations to use:

- I am worthy of joy, peace, and success.
- My presence brings light to every space I enter.
- I choose to uplift and be uplifted.
- My voice, story, and dreams matter.
- I am supported and surrounded by love.

Key 3: Add Affirmations to Gift Bags or New Member Kits

Infusing affirmations into gift bags is a meaningful way to introduce or reinforce the culture of your sorority. Whether for new member initiations, Founders’ Day, or sisterhood retreats, including cards with affirmations makes the experience more heartfelt. It also shows intentionality—that the chapter cares not just about appearances but about each member’s well-being. These cards can be printed, handwritten, or beautifully designed with the sorority’s colors and symbols. For example, a bookmark that says, “You belong here. You are valued. You are enough,” can be a keepsake that new members cherish for years. Over time, these affirmations become part of each sister’s personal growth journey. Recipients may tape them to their mirrors or keep them in journals as reminders of their worth and belonging. This small touch adds emotional depth to chapter traditions and strengthens connection. It also provides a tangible way to carry the spirit of the chapter every day.

Affirmations to use:

- I am right where I belong.
- I bring unique gifts to this sisterhood.
- I am enough, exactly as I am.
- I am growing into my purpose every day.
- My sisters see me, support me, and celebrate me.

Key 4: Use Affirmations as Ice Breakers or During Sisterhood Events

Sisterhood events are the perfect setting for affirmations that uplift and inspire. Instead of traditional icebreakers, try a “Pass the Affirmation” activity where each member shares a positive statement about herself or another sister. This fosters vulnerability and builds trust in a fun, low-pressure way. You can also create affirmation jars or stations where sisters randomly select an encouraging phrase during events. This surprise element adds a moment of joy and reflection to every gathering. Activities like affirmation bingo or call-and-response chants can energize the group and get everyone involved. As a result, members feel seen, appreciated, and emotionally safe. These practices help sisters bond beyond titles and roles, nurturing lifelong friendships. Incorporating affirmations makes your events not only fun—but transformational. They elevate the emotional impact of your gatherings and help create lasting memories.

Affirmations to use:

- I am safe to be myself in this space.
- I honor and celebrate the women around me.
- My presence matters in every room I enter.
- I give love freely and receive it with grace.
- I choose connection over comparison.

Key 5: Feature Affirmations in Digital Communications (Group Chats, Emails, Social Media)

The digital space is one of the easiest and most effective places to share affirmations. You can include a “Monday Motivation” message in group texts or a weekly affirmation in the chapter newsletter. Sharing statements like “I am prepared for every opportunity that comes my way” can shift a sister’s mindset before a test, job interview, or leadership role. On social media, using branded affirmation graphics reinforces the chapter’s identity while spreading positivity to a wider audience. Consistency is key—this builds anticipation and trust among members who begin to look forward to the messages. Chapter leaders can even assign a weekly affirmation rotation among members to encourage participation. Over time, digital affirmations help strengthen sisterhood—even when members are apart. They are a modern way to stay connected, uplifted, and grounded in purpose. It’s a simple strategy with long-term benefits.

Affirmations to use:

- I am ready to receive what I’ve been preparing for.
- My potential is limitless.
- I rise above fear and step into my power.
- Every day brings new opportunities to grow.
- I believe in my future, and it believes in me.

Key 6: Introduce “Affirmation Circles” Before Big Events or Presentations

Before stepping into stressful or high-stakes events—like step shows, presentations, or community service outings—take time to pause and center the group with affirmations. Form a physical circle and have each sister say an affirmation out loud or repeat one as a group. This ritual promotes emotional regulation, builds confidence, and unites energy toward a common goal. When sisters say, “We are powerful. We are prepared. We are making an impact,” it fuels the group with motivation and clarity. These moments also become memories that members carry with them far beyond the event. They may even help lessen anxiety or nervousness for those who struggle with performance stress. Introducing affirmation circles shows that your sorority prioritizes mental strength and collective belief. It’s a small act with big results. These intentional pauses can transform performance into purpose.

Affirmations to use:

- We are bold, brilliant, and brave.
- I trust my preparation and believe in my purpose.
- I am calm, focused, and ready to shine.
- We show up for each other and for our community.
- I speak with confidence and walk with grace.

Key 7: Support Mental Health and Well-being With Daily Affirmation Challenges

Affirmations are not just feel-good statements—they’re tools that rewire the brain for confidence, resilience, and peace. Hosting a 7-day or 21-day affirmation challenge during exam season or Mental Health Awareness Month can make a real difference. Members can participate through daily texts, Instagram stories, or reflection journals. Each day, they’re given a new affirmation to reflect on, speak aloud, and apply in real-life situations. These challenges encourage self-reflection and emotional honesty. They also give sisters a sense of structure and something to look forward to when life gets overwhelming. Challenges can end with a small ceremony or celebration to acknowledge participation. Most importantly, these initiatives show that your sorority values holistic health—not just academic or social excellence. It’s a powerful way to stand apart and lead with love. A daily affirmation challenge may be the spark that someone truly needs.

Affirmations to use:

- I honor my feelings without judgment.
- Rest is productive. I deserve peace.
- I am not alone. I am loved and supported.
- My mental health matters as much as my achievements.
- I give myself grace as I grow.

Thank You

Thank you for taking the time to explore how affirmations can transform your sorority experience. Whether you're a chapter president, new member, or event planner, you have the power to make a lasting impact with just a few words of encouragement. If you found this guide helpful, consider gifting Affirmations for a Happy New Year to your chapter or ordering in bulk for your next event. Let's speak life, lift each other up, and lead with love. ♥

Looking to gift Affirmations for a Happy New Year to your entire chapter? These affirmations are perfect for:

- New Member Welcome Gifts
- Chapter Retreats
- Sisterhood Events
- Thanksgiving "SistersGiving" Celebrations
- Christmas Chapter Gifts
- New Year Vision Parties or Kick-Off Meetings

Bulk Pricing Available – Affirmations for a Happy New Year

Quantity	Price Per Book	What's included
1–20	\$9.99	-Signed books
21–99	\$8.99	-Signed books, 30-minute virtual affirmation session and a personalized letter from the author to your chapter!
100–299	\$7.99	-Everything above plus a bonus of 10 extra books + FREE shipping
300–499	\$6.99	-Everything above plus a bonus of 20 extra books + FREE shipping
500+	\$5.99	-Everything above plus a bonus of 30 extra books + FREE shipping

✉ To place a bulk order or get custom invoice options, email: authormdomino@yahoo.com

About the Author

Martina Marie Domino is an educator, children's book author, adult book author, and motivational speaker who believes in the power of affirmations to transform lives. With a background in education and a passion for sisterhood, Martina created Affirmations for a Happy New Year to help women speak life over themselves daily. Her mission is to empower girls and women through words that heal, uplift, and inspire.