

# How To Empower Yourself With Positive Affirmations *Workbook*



*A workbook designed for you to easily start using the power of positive affirmations to transform your life.*

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*Welcome,*

Congratulations on taking a big step towards self-empowerment. I'm Malissa and I'm so glad you've chosen to learn how to use positive affirmations to empower yourself. I've been working as a therapist helping people heal, overcome life difficulties, and develop self-empowerment since 2009. Speaking personally, I too have experienced heartbreaks, losses, negative self-talk, and several other life challenges.

As a therapist I've had the honor of helping others recover, heal, and transform their lives for the better. In my therapy work with clients, and throughout my own life's journey, I've seen how positive affirmations can make a real difference in our lives.

My goal is to give you the information needed along with strategies to gain positive changes by using positive affirmations. This workbook will teach you how you can easily put positive affirmations to use in your own life.

*-Malissa*

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# DEFINING AFFIRMATIONS



## af • firm • a • tion

1. The action or process of affirming something or being affirmed.
2. Emotional support or encouragement.

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Affirmations are short powerful statements that we tell ourselves by silently thinking them, or by saying them out loud. Affirmations are used to reinforce beliefs, provide support, give comfort, and encouragement.

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Affirmations are often "I statements"

### Examples

*"I'm working towards my goals."*

*"I'm kind and compassionate towards myself just as I am towards others."*

*"I'm capable of learning new things."*

*"I'm healing from my past."*

Affirmations can start with the word "you"

Affirmations that start with the word you tend to show up in our internal self-talk.

### Examples

*"You're doing the best you can."*

*"You are good enough."*

*"You are making progress."*



# WHY YOU NEED POSITIVE AFFIRMATIONS

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1. TO HELP MINIMIZE YOUR NEGATIVE SELF-TALK
2. BECAUSE POSITIVE AFFIRMATIONS CAN RAISE YOUR SELF-ESTEEM.
3. POSITIVE AFFIRMATIONS WILL HELP YOU MAKE POSITIVE LIFE CHANGES AND CAN HELP YOU REACH YOUR GOALS.

In this workbook you'll learn how positive affirmations help minimize negative self-talk, raises self-esteem, and can help you make positive changes.

# UNDERSTANDING NEGATIVE SELF-TALK



What is self-talk?

Self-talk is your internal voice, or your internal dialogue. Your internal dialogue are thoughts directed at yourself about: what you are experiencing, other people, your environment, and your abilities. Your self-talk is influenced by your subconscious mind, and reveals your thoughts, beliefs, questions, and ideas.

## Negative self-talk

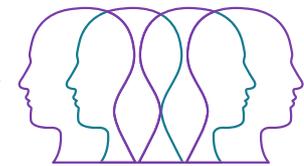


Negative self-talk is when your internal dialogue becomes critical of yourself. When we become stressed, frustrated, or when we make a mistake we often experience negative self-talk as a response to the situation. "I'm stupid", "I'm not enough", and "I'm always messing things up" are all common examples of negative self-talk.

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## Everyone experiences negative self-talk.

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If you experience negative self-talk similar to the examples above then you're in good company, because so does everyone else. Negative self-talk is a part of our human experience. Negative self-talk waxes and wanes throughout our lives, and will usually increase when you're feeling stressed, facing a new challenge, and especially when a person is experiencing depression.



The human brain has a negative bias. When stressful and distressing situations happen negative thinking occurs automatically. This means that we have to put forth effort for positive ways of thinking.

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## We are more critical of our selves than we are towards other people.

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Self-criticism is when your internal dialogue towards yourself is harsh, critical, and judgmental. Most people are much more critical of themselves than they are towards other people dealing with a similar situation. You deserve to give yourself the same amount of compassion you show others. Positive affirmations are a good way to increase self-compassion.



# HOW NEGATIVE SELF-TALK DEVELOPS

How you experience negative self-talk is unique to your life experiences. Generally speaking people experience similar themes when it comes to negative self-talk. Such as thoughts about not being good enough and questioning their self-worth.

Negative self-talk is greatly influenced by the messages you've picked up throughout your life. We get messages about how we "should behave" how our lives "should be" and how we "should look" from society (*peer groups, media, movies, TV, politics, and religion*). When we fall short of perceived expectations we can become critical of ourselves.

As children we got messages from our family, teachers, and other important figures. Sometimes these messages were directly told to us. While other times our child selves jumped to a conclusion about how we "should be" in a situation resulting in distorted messages given to ourselves.

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When a person we love or look up to is harsh and critical towards us we often internalize their statements, or messages. This is especially impactful when someone is verbally or emotionally abusive. When we internalize a negative message about ourselves it becomes a part of our negative self-talk.

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*Positive affirmations work like an antidote to negative self-talk.*

*Negative self-talk is flawed, not based on fact, and full of thought distortions.*

*When you notice negative self-talk first pause to take a few deep breaths. Then consider what you'd tell a friend who is in the same situation. You deserve to give yourself the same compassion you give to others.*



# PERSONAL REFLECTION

Everyone experiences negative-self talk, but we each experience it in our own unique ways. Understanding how your negative self-talk shows up for you can lead to recognizing when it happens in real time. When you're able to notice negative self-talk occurring in real time you can stop the negative train of thought, and respond to yourself with kind words, compassion, and positive-affirmations.



## 15 Minute Journal Exercise

*Journal writing is a therapeutic and effective way to take notice of your internal dialogue. Use the list below to see which of the most common negative self-talk phrases you relate to. Spend 5 minutes journaling about where you may have picked up the negative messages about yourself. Next take 10 minutes to journal from the perspective of self-compassion. Consider what you'd tell a friend if they were saying the same negative things to themselves.*

### Common examples of negative self-talk

- |   |   |
|---|---|
| <input type="checkbox"/> "I'm always messing things up."        | <input type="checkbox"/> "I don't have what it takes."      |
| <input type="checkbox"/> "I'm such a dummy."                    | <input type="checkbox"/> "I'm a failure."                   |
| <input type="checkbox"/> "I'm broken."                          | <input type="checkbox"/> "I'm not lovable."                 |
| <input type="checkbox"/> "I'm an imposter."                     | <input type="checkbox"/> "I can't change."                  |
| <input type="checkbox"/> "I just don't have what it takes."     | <input type="checkbox"/> "I don't deserve good things."     |
| <input type="checkbox"/> "I'm not good enough."                 | <input type="checkbox"/> "I should have known better."      |
| <input type="checkbox"/> "I'm a difficult person to be around." | <input type="checkbox"/> "I shouldn't speak up for myself." |
| <input type="checkbox"/> "My problems are all my fault."        | <input type="checkbox"/> "Nothing I do ever works out."     |



BREAKING THROUGH SELF-LIMITING BELIEFS

# HOW TO USE AFFIRMATIONS FOR EMPOWERMENT

Positive affirmations are incredibly powerful for personal empowerment. If you're wanting to increase your self-esteem, develop new skills, overcome a challenge, or become more kind and compassionate towards yourself affirmations will be an effective tool. Your affirmations will focus your mind towards positivity and will help with your personal growth. Remember the definition of affirmation is the action or process of affirming something or being affirmed; and offering emotional support or encouragement. Positive affirmations serve as declarations for who you're becoming, where you want to go in life; as well as providing the much needed emotional support and encouragement that is needed along the way.

*Having support from loved ones is important, but ultimately positive change and personal growth is up to each person. When you learn how to give yourself support and encouragement you'll develop more self-love, become more confident, and feel empowered to live your life in a way that is meaningful to you.*





# Breaking through self-limiting beliefs

Self-limiting beliefs are negative self-perceptions that you live by. Similar to negative self-talk self-limiting beliefs develop from your past experiences, your personal values and beliefs about your family and friends, messages from other people, your own assumptions, and messages from the media (or social media). Self-limiting beliefs can cause you to feel stuck in the status quo and prevent you from taking steps towards your goals. I often share that in my twenties a Clinical Social Worker helped me break through a self-limiting belief that I couldn't become a therapist because, I thought "*People who come from families like mine don't get attend universities.*" You are capable to breaking through your own self-limiting beliefs, so you can become the person you want to be.

1

## Self-limiting beliefs are not facts!

Self-limiting beliefs are a part of your conscience and subconscious mind, so they can be deeply rooted and feel like facts; but they aren't facts. Self-limiting beliefs are assumptions or perceptions about yourself and about the way the world works.

2

## Breaking through self-limiting beliefs will change your life.

Our actions are lead by our thoughts and beliefs. Understanding that self-limiting beliefs are assumptions and not facts will allow you start to think differently and take steps towards your dreams and goals.

3

## Positive-affirmations will help you break through self-limiting beliefs

Positive-affirmations help to restructure the way you think about yourself and your abilities. They're an effective way to give yourself needed support and encouragement during life's challenges and times of personal growth.



STRATEGIES TO EFFECTIVELY USE POSITIVE AFFIRMATIONS.

# POSITIVE AFFIRMATIONS IN ACTION

Positive affirmations can help you increase confidence, boost your self-esteem, inspire you to work towards your goals and give you a strong sense of personal empowerment. I'm certain that you already know in order to get these benefits we must actually use positive affirmations, not just read or talk about them.

There are many ways to engage with positive affirmations. Positive affirmations are most effective when done in a personalized meaningful way. This means there isn't one set way to use positive affirmations. When you first start putting positive affirmations in action in your life try out different techniques and styles. Soon enough you'll develop an approach that feels comfortable and rewarding to you.

To help get you started I'm sharing with you strategies and techniques that my clients and I found to be the most fun and effective. I encourage you to try them out for yourself and tweak them as needed in order to feel personalized and meaningful.



## Overcoming awkwardness when using Positive Affirmations

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Several clients confided that although they agree that positive affirmations would be rewarding to use they feel awkward and embarrassed using them. Honestly, when I first started using them I felt a tinge of embarrassment too. One reason they bring up feelings of awkwardness and embarrassment is because of a well-known comedy skit from the

early 1990s that made fun of positive affirmations. Decades later adults still remember this skit and even people who haven't seen it reference the famous line when talking about positive affirmations. The skit originated from Saturday Night Live about a character using positive affirmations. Its most remembered for the phrase, "*I'm Good Enough, I'm Smart Enough, and Doggone It, People Like Me!*"

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Some reasons for feeling awkward and embarrassed are:

1. Providing support and encouragement to yourself in this way may be new to you. When doing something new it is common to feel insecure and unsure about it.
2. For some people accepting positive comments and compliments feels uncomfortable. I'm here to tell you that you are worthy and deserving of all the kindness, compassion, and encouragement your positive affirmations provide.
3. Our society has gives messages that self-care is selfishness which is a myth. Self-care is required in order for us to recharge ourselves so we can continue doing what we need to do each and every day.

*Positive affirmations are done in private or silently in our minds. Nobody has to know! Give yourself permission to feel silly, awkward or embarrassed when starting out with positive affirmations. Focus on the joyful feelings positive affirmations provide and look forward to their rewards.*



# Strategies to effectively use positive affirmations.

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## START YOUR DAY WITH POSITIVE AFFIRMATIONS

Starting your day with affirmations is powerful because the subconscious part of our minds are more accessible to us upon waking. Using positive affirmations first thing in the morning will set an intention that your mind will focus on throughout the day. Instead of looking at your phone after your alarm goes off get into the habit of telling yourself positive affirmations first thing in the morning. You can do this silently in your mind as you stretch and get yourself out of bed.

## LISTEN TO GUIDED AFFIRMATIONS

Listen to guided affirmations and repeat them silently or out loud to yourself. You can do this however you like. Some people enjoy listening to them while sitting still like a meditation, or while going for a pleasant walk. My favorite is playing them in my room while I'm getting myself ready in morning.

## JOURNALING POSITIVE AFFIRMATIONS

Journaling has several therapeutic benefits. When you combine journaling along with positive affirmations you get a powerful and rewarding combination.

## SET YOUR PHONE LOCK SCREEN TO POSITIVE AFFIRMATIONS

We see our phone's lock screen a lot! Use the lock screen as a way to empower yourself and help yourself overcome self-limiting beliefs. The words and images that you repeatedly see will influence your subconscious mind. If you don't want to use full positive affirmations you can select a meaningful image and/or a few words that that resonate with you and your inspired goals.





## More strategies to effectively use positive affirmations.

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### WRITE OUT POSITIVE AFFIRMATIONS AND POST THEM WHERE YOU WILL CONSISTENTLY SEE THEM

Similar to setting positive affirmations as your phone lock screen the more often you see your positive affirmations the more you'll be aware of them and inspired by them. Write out positive affirmations, or use specific words and images that resonate with you. Post them where you know you'll see them multiple times a day. Some ideas are to post them on your mirror, by your workstation, or in your car.

### PLACE YOUR HAND OVER YOUR HEART WHEN SAYING POSITIVE AFFIRMATIONS

Placing our hands over our hearts provides comfort and is a powerful way to provide ourselves with kindness and self-compassion. Combine this act of self-kindness with telling yourself positive affirmations.

### LOOK IN THE MIRROR AND TELL YOURSELF POSITIVE AFFIRMATIONS LIKE YOU REALLY MEAN IT

This practice can feel awkward and uncomfortable at first, but is empowering, rewarding, and incredibly therapeutic. Before starting its helpful to take a few deep breaths while looking at your reflection to settle in to the moment. Allow yourself to look beyond perceived physical flaws or messy hair. Look into your own eyes, smile at yourself, and take notice of the wondrous human that is before you. Tell yourself out loud the positive affirmations you need to hear. Say the affirmations in the tone of voice that matches what you need. Do you need to hear compassion and gentle support? Do you need to hear an assertive voice of encouragement? Give yourself what you need and be proud of yourself for doing so!



## MAKING AFFIRMATIONS A DAILY PRACTICE

# CONSISTENCY IS KEY

You now know how empowering positive affirmations can be. You've also learned that negative self-talk is inevitable, especially during stressful situations. In order to get benefits and long-term results from positive affirmations you must use them on a daily basis. Spending just a few minutes each day on positive affirmations is all that it takes.

You want to be consistent and not just use positive affirmations once in a while. Work towards developing a new habit of using positive affirmations in meaningful ways for yourself.

*Get started with the list of positive affirmations on the next page and come up with some on of your very own.*





# Positive Affirmations for Empowerment and Self-compassion



I take charge of my own life and my self-determination.  
I'm capable!

I'm worthy of love, kindness, and respect.

I make good decisions for myself.

I'm breaking free of old habits and self-limiting beliefs.

I love myself!

I'm a friend to myself.

I uplift myself and others!

I forgive myself for mistakes I made.

I'm taking steps towards my goals.

I add value to the world.

I'm proud of myself and my achievements.

I'm strong enough to handle anything that life throws my way.

I allow my ambitions to motivate me.

I'm working towards my making my hopes and dreams a reality.

I can choose who I want to spend my personal time with.

I deserve to give myself the same kindness and compassion that I so freely give to other people.

It is okay to be my true authentic self.

It is okay to have fun and be silly.

It is okay to feel sad when something sad happens.

I'm healing and growing.

Wonderful new opportunities are opening up for me.

