



Spokane Holistic
Healing

Spokane Holistic Healing Client Handout

Affirmation Exercises

Here's a simple and effective **affirmation exercise** you can use to help build self-confidence, resilience, and a positive mindset.

Guided Affirmation Exercise

1. Setting the Intention (2-3 minutes)

Take a deep breath and set an intention for the exercise. Focus on self-love, growth, or any specific area they want to improve.

2. Choosing Affirmations (5 minutes)

Here are some examples of affirmations or create your own. Examples:

- *I am enough just as I am.*
- *I trust myself and my abilities.*
- *I deserve love and respect.*
- *Challenges help me grow and improve.*
- *I attract positivity and joy into my life.*

Choose 3-5 affirmations that resonate with you.

3. Speaking the Affirmations (5 minutes)

- Say each affirmation out loud with confidence.
- Repeat each one 3-5 times.
- Maintain eye contact with themselves in a mirror if possible.

4. Embodying the Affirmations (5 minutes)

- Close their eyes and visualize themselves **living** the affirmations.
- Feel the emotions associated with the positive statements.
- Notice any resistance or discomfort, and gently reaffirm their worth.

5. Reflection and Integration (5 minutes)

Ask yourself open-ended questions:

- *How did that feel?*



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- *Did any affirmation feel particularly powerful or difficult?*
- *How can you integrate these affirmations into daily life?*

Write the affirmations in a journal or set reminders to repeat them daily.

Affirmation Exercise for Clients with Anxiety

This exercise helps manage anxious thoughts by reinforcing self-soothing and empowering beliefs.

1. Grounding & Breathwork (2-3 minutes)

Start by taking a few deep breaths:

- Inhale for 4 seconds, hold for 4 seconds, exhale for 6 seconds.
- Try to feel your feet on the ground and relax your shoulders.

2. Selecting Calming Affirmations (5 minutes)

Here is a list of affirmations or create personalized ones:

- *I am safe in this moment.*
- *I have overcome anxiety before; I can do it again.*
- *I allow myself to take things one step at a time.*
- *It's okay to not have all the answers right now.*
- *I am stronger than my anxious thoughts.*

Choose 3-5 that resonate with you.

3. Speaking & Feeling the Affirmations (5 minutes)

- Say each affirmation **slowly and mindfully**.
- Repeat each one 3-5 times.
- If possible, say it in front of a mirror or place a hand on your heart for grounding.

4. Visualizing Calm & Safety (5 minutes)

- Close their eyes and visualize yourself in a peaceful place (e.g., a beach, a forest, or their favorite cozy space).
- Repeat the affirmations in your mind while imagining a warm, calming light surrounding you.

5. Reflection & Daily Practice (5 minutes)

- Ask: *Which affirmation felt most comforting?*



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- Discuss how you can integrate affirmations into your daily routine (e.g., writing them down, setting reminders, or saying them before bed).
- Try to pair affirmations with calming activities like meditation, journaling, or stretching.

This exercise can be done **daily** or whenever anxiety arises.