



POSITIVE AFFIRMATIONS

An affirmation is a positive self-statement that diminishes negative personal beliefs and expectations. Individuals who consciously modify self-talk report immediate improvement in daily achievements and energy levels. Affirmations can reprogram the mind by replacing self-critical, demoralizing self-talk with uplifting, energizing messages. Positive affirmations give us an inner strength and set us up for success.

A. How to Write an Effective Positive Affirmation

1. Write a **positive** statement! Use upbeat energizing words. Avoid using words like “don’t, stop, and not”. Write something you want to accomplish instead of something you want to give up.
2. Make it **short!**
3. Make it **clear**, unambiguous, and **specific**.
4. Keep it **personal!** Affirmations are for you and you alone. It needs to be meaningful to you.
5. Write it in the **present tense**. The present tense will help to create a reality in your brain the moment you say it.
6. Be **realistic!**
7. After you have written your positive affirmation, try saying it a few times. It should feel good to repeat your affirmation several times.

B. How to Effectively Practice Your Positive Affirmation

There are four important keys to effectively practicing affirmations ... SEE IT! HEAR IT! FEEL IT! REPEAT IT!

1. SEE IT!
 - a. See your positive affirmations in writing. Sixty percent of your cerebral cortex is devoted to vision. Seeing positive affirmations is an important way to help these messages saturate into your subconscious mind. (Read more information about the subconscious mind in section C.)
 - b. You can hide written affirmations in drawers, lunch boxes, backpacks, etc. Then you can find them later in the day.
 - c. You can make a mini poster of your positive affirmations and hang it inside your bathroom cabinet or on the inside of your closet door or some other location that you access a few times a day.
 - d. Try writing your affirmations down on a small card and keep it in your pocket. You can periodically look at it during the day.

2. HEAR IT!

- a. Hear your positive affirmations. Say them out loud. Positive affirmations become more believable when you hear them.
- b. You can try turning a positive affirmation into a song and sing it or rap it.
- c. You can turn it into a cheer or just say it.
- d. You can record positive affirmations on tape and listen to them during the day or as you fall asleep at night.

3. FEEL IT!

- a. Say your affirmations with feeling! Be positive, upbeat, and expansive as you recite your affirmations.
- b. Affirmations are most effective when you say them with enthusiasm. Say them like you mean them!
- c. When you are saying your affirmations, avoid negative, doubting self-talk. Don't undercut your positive messages.

4. REPEAT IT!

- a. The more **often** you repeat your positive affirmations, the better they work.
- b. Upbeat enthusiastic messages that are repeated 20 to 30 times a day can actually change your brain.

C. Affirmations Change Your Brain

1. The SEE-HEAR-FEEL-REPEAT method of practicing affirmations is an effective method to help positive messages seep into your subconscious mind. Information in our subconscious mind is the foundation for our beliefs. These beliefs become a powerful influence on conscious thoughts and drive our behavior. In other words, when your affirmations seep into your subconscious mind, your brain will start believing these positive messages and act accordingly. Positive affirmations help to create a more positive reality in your brain of what you are capable of accomplishing.
2. Your body will respond positively to this new reality in your brain. Here's how it works. Each thought you have produces a physical electrochemical message. The cells in your body have special receptor sites to receive these electrochemical messages. It is like the cells of your body have ears to hear messages from your brain. This physiology allows your brain to be the boss of your body. Your body will respond to what the brain believes. Your body will start changing in order to match your brain's new positive reality.

D. Different Reasons People Use Positive Affirmations

Affirmations are a positive thinking skill that you can use the rest of your life to support any change you are trying to make or anything that you are trying to accomplish.

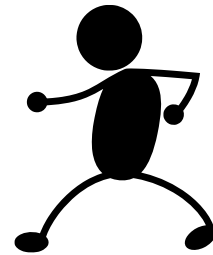
1. Affirmations can be used to increase body appreciation and love of body.
2. They can be used to improve self-image and self-worth.
3. Positive affirmations help diminish negative personal beliefs and unrealistic expectations. They can replace critical self-talk with uplifting encouraging messages about yourself.
4. They can help build self-confidence and belief in your ability to reach a goal that you are trying to accomplish.

5. Affirmations can support efforts to adopt new health habits.
6. They can help build believing in God's word. Do this by using a promise from God's word (scripture verse) and apply the SEE-HEAR-FEEL-REPEAT method to build up your believing to receive God's promise.
7. Positive affirmations give people an inner strength and set them up for success. Best of all, they are fun and easy to use.

E. Need Help Writing Your Positive Affirmations? Here are some sample affirmations.

1. Sample Positive Affirmations for Body Appreciation

- I treat my body with respect!
- I have a wonderful body!
- I have an amazing body!
- My body is an incredible machine!
- I am taking good care of my body!
- I love my body!



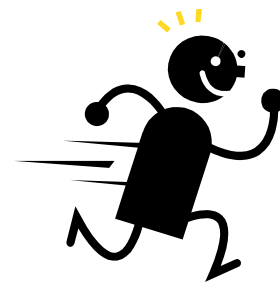
2. Positive Affirmations for Self-Acceptance

- I am a special unique individual!
- I am a good person!
- I like myself just as I am!
- I am acceptable just as I am!
- I am worthy of good self-care!
- I am a valuable extraordinary individual!



3. Positive Affirmations for Aerobic Activity

- My body is growing stronger with aerobic activity!
- Aerobic activity balances my energy!
- Aerobic activity energizes me!
- Aerobic activity regulates my appetite!
- Aerobic activity helps my brain work better!
- Aerobic activity makes me feel happier!
- Aerobic activity releases my stress!
- Aerobic activity helps me feel good about myself!
- Aerobic activity helps my body heal quicker!
- Aerobic activity helps me stay healthy!



4. Positive Affirmations to Build Self-Confidence

- I am strong and capable.
- I am determined and committed.
- I can do it. I will do it.
- I will be successful.
- It's going to be a great day.



5. Positive Affirmations for Healthy Eating

- Vegetables energize me!
- Fruits strengthen me!
- Whole grains balance my energy!
- I crave food in its natural form!
- Vitamins help me use stored energy!
- I eat food to support health and supply energy!
- Whole foods support peak health!
- My body craves whole foods!



F. Write Your Own Positive Affirmations

Do you have any ideas about affirmations you would like to write and practice? What areas of your life would you like to build up or reprogram? Here are some areas you might be considering: 1) Changing health habits; 2) Health concern that you are working on; 3) Building up self-esteem and self-worth; 4) Emotional health; 5) Confidence in social situations; 6) Body appreciation; 7) Satisfaction at work; or whatever else is a concern for you.

After you have identified an area or two of your life, that you would like to write a positive affirmation for, then write it. Start by writing several statements for each area identified. Use the space below to do this.

Next, repeat each statement several times. Keep statements that feel good, uplifting and energizing, when you say them. Then make a plan to start practicing your new affirmations most every day.

You can consciously modify self-talk with positive affirmations and experience immediate improvement in daily achievements and energy levels. Affirmations can reprogram your mind by replacing self-critical, demoralizing self-talk with uplifting, energizing messages. Positive affirmations can give you an inner strength and set you up for success.