

# Affirmations that Heal

**Do affirmations truly work?** Yes, affirmations are supported by a multitude of scientific research that proves they can truly yield results if used in proper context.

**How do affirmations work:** Often, we embrace mindsets that are harmful to us. Additionally, we may have had experiences that have lowered our self-esteem. Using affirmations will help change long-standing patterns and beliefs through neuroplasticity which is our brain's ability to change.

Affirmations also trigger our brain's reward system which influences how we experience emotional pain thus alleviating the stress of challenging situations. Therefore, when we use affirmations truly internalizing them, when we experience a set-back or hardship we have the ability to view it from a position of power instead of one of helplessness.



## How to Guide for Affirmations

- **Start with 2 to 4 minutes at least twice a day.** Try saying affirmations upon waking up and getting into bed.
- **Repeat each affirmation about 10 times.** Listen to yourself saying it, focusing on the words as they leave your mouth. As you say them, believe them to be true.
- **Visualize them.** As much as you can, create a picture in your head of yourself of each affirmation being true for you.

- **Make your routine consistent.** Try not to skip any days. If you meditate, affirmations can be a great addition to your daily mediation.
- **Be patient.** It may take some time before you notice any changes, so stick with your practice!

### ***Affirmations that build confidence and self-esteem***

Say these out loud daily. Picture what each looks like for you.

I am blessed and everyone surrounding me is blessed

I give and receive love from the healthiest part of myself

I am becoming a better version of myself day by day

I'm not a mistake

I can do all things with God's help

I make a difference in this world

God values and loves me

I have many strengths

I am powerful and have all the tools and resources needed to become successful

I am whole

### ***Affirmations regarding hardships***

Everything good will come to me

I am strong enough to get through any hardship

Conflicts are inevitable and do not change me

I handle disappointments with grace

I was perfectly designed by my Creator who thinks good thoughts about me and has a wonderful future planned for me.

What is meant for evil will work for my good

Nothing will harm me

Blessings surround me

Change is good for me and will not harm me

Challenges give me an opportunity to prove my strength

The fact that I am still here means I am an overcomer

I am resilient

***Affirmations to change your mindset***

Every day is a gift filled with new opportunities

I have the power to turn my weaknesses into strengths

I can speak freely about my past mistakes without shame or guilt

I will fill my cup with wisdom and kindness

I am open to opportunities

I make wise decisions

My power is in my ability to remain calm

Everyone I encounter comes with a story and has a gift to bring into my life

I have the ability to control my anger