

An Affirmation is a to myself

Do negative thoughts and messages produce negative results and behaviors?

Negative thoughts

and messages we often tell ourselves are

- "I am not worth it."
- "I am not lovable."
- "It's too late."
- "I'd be better off dead."
- "I just can't."
- "I'm too fat."
- "I will never amount to anything."
- "I'm too tall."
- "I'm too short."
- "I'm too skinny."
- "I never do anything right."
- "I am so stupid."

What is the result of these negative thoughts and messages?

Do positive thoughts and messages produce positive results and behaviors?

AFFIRMATIONS

are statements about a desired outcome as if it is already coming into reality.

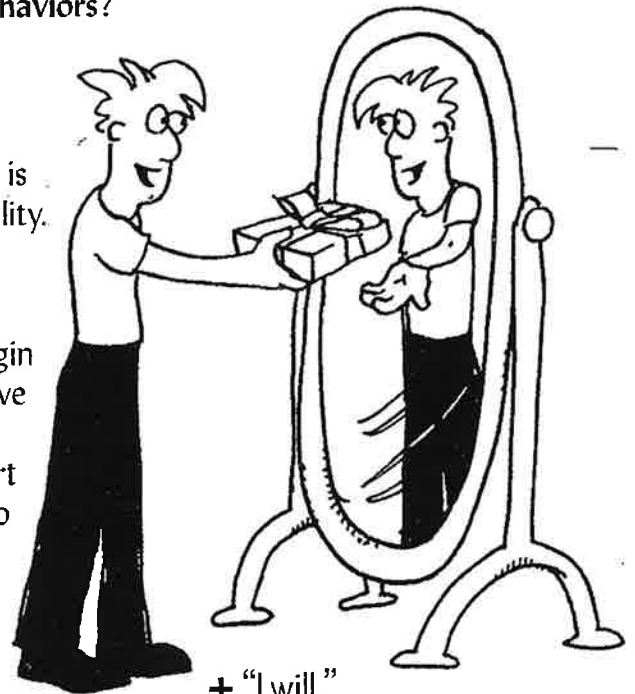
They are positive statements about who we *really* are. When we begin to recognize the negative messages we tell ourselves, we can then start to re-program them into positive messages by using positive affirmations like:

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| + "I am lovable." | + "I will." |
| + "I can do anything I set my mind to." | + "I matter." |
| + "I am smart." | + "I am big as I have to be." |
| + "I am strong enough to be who I am." | + "My life is important." |
| | + "I am creative." |
| | + "I do exist." |

Here are a few hints to making affirmations work:

1. Keep them short and simple.
2. Choose only positive words.
3. Make sure the affirmation fits you and expresses your desires.

Now, it's your turn to write your own affirmations: _____



Try positive affirmations . . . they help boost self-esteem • help diminish fears and self-doubts • improve self-confidence • help you see the *real* you!