



ACTIVITY: Create Your Own Affirmation

What you focus on expands. With this in mind, complete the steps below.

1. Miracle Question: You fall asleep tonight and a miracle happened. You woke up and everything in your daily work was perfect. What would have changed?

Miracle examples:

- *I would get along great with my co-worker, Sally.*
- *I would have more support with my workload.*

2. Positive Affirmation: Turn your desire into a positive, personalized, and present statement. Consider: What skill or attitude would I need to have to achieve this?

Positive affirmation examples:

- *I create healthy boundaries with others so I can respond with compassion.*
- *I ask for help with confidence, my time is valuable and I use it wisely.*

3. Make a Plan: Establish how and when you will use your affirmation.

Plan examples:

- *Before I talk to Sally, I repeat my affirmation 10 times.*
- *I have my affirmation on a reminder on my phone 2x a day.*
- *I repeat my affirmation when I wake up and before I go to sleep.*

Resource: Affirmations

Repeat these positive statements to uplift your mood and guide your behaviors. These beliefs will support and sustain you while contributing lovingly to your community.



Strength in Difficult Times

- Wonderful opportunities for growth are presented to me today.
- I know how to problem solve to create abundance in my life.
- I let go of what I cannot control and focus on being a light in my world.
- When overwhelmed, I focus on my breathe and I slow down.
- I enjoy asking for help, it comforts me and others.
- I will use this time to cultivate even more gratitude for my life.
- I know how to pivot to positivity and gratitude when I am worried.
- I embrace change lovely.
- I do not wait for happiness and meaning I experience it now.
- With every breath, I am releasing anxiety and becoming calmer.
- Joy and gratitude radiated though me and it inspire others.



De-stress and Maintain Dignity When Triggered

- Today and every day I choose to radiate light.
- I keep calm and maintain my peace of mind in challenging situations.
- I take the time to breathe before I react.
- I am open to constructive criticism and welcome improvement.
- I release the urge to prove my worth. I am worthy because I am.
- I am patient with myself and those around me.
- I am accountable for my actions I choose to do something loving today.



Relationships and Releasing Fear

- Loving people fill my life and I easily express love to others.
- Someone else's success empowers me to keep growing.
- I spread light to those around me.
- I choose to respond with love in moments of stress.
- I accept others and myself. I release hurtful judgments.
- I let go of the need to compare my life to others.



Self-Compassion

- I protect my energy by making positivity a priority.
- I am a positive influence and surround myself with like people.
- I am free to say no when I need me time.
- My time is valuable and I use it wisely.
- I can give my best when I take care of me.
- I listen to my body when it needs rest.
- I am safe.
- I am surrounded by love, all is well.



Confidence and Motivation

- My voice matters, I am confident to speak up in the right moments.
- I'm proud of my culture, upbringing, and experiences; they made me who I am.
- I bring something unique to the table by simply being me.
- I accept me as I am, and release the bidding for approval.
- I accept responsibility for my own happiness and development.
- I am focused and able to accomplish all my goals.
- I attract financial abundance and have peace of mind.
- I am where I am supposed to be in this moment.



Cherisse's Favorite Affirmations

- *Positivity:* Out of this situation only good will come.
- *Reduce stress and anxiety:* I can handle this.
- *Empowerment:* I create a world where all children are safe.
- *Hope:* There are so many adults protecting children right now.