

POSITIVE AFFIRMATIONS

How to Create Your Own!

Positive Affirmations are strong, powerful, and motivating statements that can help us throughout the day. Negative and demoralizing thoughts often invade our thought process and keep us from feeling empowered.

Here are some simple steps to creating your own!

1. Make sure that you start your affirmations with "I am". After all these statements are meant to be empowering and reassuring for yourself!
2. When coming up with your statement make sure that its something positive and inspiring.
3. The statement should be in the moment. So make sure it's in the present tense.
4. Keep it short and simple. You want to be able to remember and easily repeat your statement. It's best to keep it to a sentence.
5. Be specific about what you are trying to convey.
6. Use your statements as often as needed throughout the day!

Some Examples...

"I am important and I have purpose"

"I am strong and I can do this"

"I am worthy of love"

"I am deserving of my success"