

# Positive Affirmations



 10 Minutes



Affirmations are positive statements that help you to challenge and overcome negative thoughts. You can write them down or say them out loud. These flashcards are examples to get you started.

I choose to focus on what I can control rather than what I cannot	I can and will achieve my goals	I deserve to be happy, healthy and successful
I am loving and loved	My hard work is appreciated	I base my happiness on my own achievements
My work fulfills me	I am committed to making healthy choices for my body and mind	I am allowed to put myself first
I acknowledge my mistakes and learn from them	I am in control of how I think, feel and act	I am thankful for the good in my life

There is no right or wrong way to practice your affirmations, but some suggestions include:

- 1. Writing the affirmation down.** Write the affirmation in a journal, diary, or on your computer and add to it each morning until you have a comprehensive list of positive statements ready for whenever you need a little boost.
- 2. Saying the affirmation out loud.** When you wake up in the morning look at your reflection in the mirror and recite the affirmation out loud to yourself three times to solidify it in your mind.
- 3. Downloading an affirmation app.** Download a free affirmation app and get daily affirmations sent straight to your phone.

*Note: what you choose to write in your affirmations is entirely up to you. Statements can range from something specific to do with your ability to perform in your job to something more general about your life. The important thing is that each affirmation is a positive statement created by you about you.*

The flashcards contain some examples to help you get started.

## Next Steps

Now continue your MyMynd journey to improve your wellbeing by exploring the Wellness Centre for further relevant resources and support.