Positive Affirmations

A positive affirmation is a phrase or statement that can be used to challenge negative thoughts and redirect our focus to a positive belief.

When we're struggling with a negative belief, like thinking we're not good at something, we can repeat a positive affirmation to ourselves. We can say it out loud or in our heads. By doing this, and repeating the affirmation, we'll start to pay more attention to the positive belief than the negative one. The more we repeat our affirmations, the greater our sense of self-belief and self-worth.

Our affirmations should be something we truly believe about ourselves, but here are some examples to help get you started:

⭐ I am kind   ⭐ I am talented   ⭐ I work hard   ⭐ I am a good listener

You can use the space in this box to create your own positive affirmation. Once you've got it, try and repeat it as much as possible. It might feel strange at first but hopefully you'll soon feel comfortable with it and saying it to yourself will become second nature!

My positive affirmation