

# Self Affirmations

## self-affirmations

: the act of affirming one's own worthiness and value as an individual for beneficial effect (such as increasing one's confidence or raising self-esteem)

Merriam-Webster.com Dictionary, Merriam-Webster, <https://www.merriam-webster.com/dictionary/self-affirmation>. Accessed 9 May, 2024.

## How To Make Your Own Affirmations

Think of a common negative thought you may have about yourself.

An example is "I'm so stupid". Now think of the positive opposite of that thought.

### Examples of positive opposite:

- I am smart.
- I am enough.
- I can succeed.
- There is no shame asking for help.
- I have talent and skills.
- I don't have to be perfect at everything in order to have worth.

## Other Universal Examples:

- I am enough.
- I can accomplish what I put my mind too.
- I am allowed to have my boundaries.
- I am deserving of love.
- I have worth no matter my appearance.
- Bumps in the road does not mean I failed my goal.
- I am calm, I am in control.
- I will do my best today.
- Don't stress, do your best.

## When to use

Once you pick the phrase that works for you, repeat it to yourself when the negative thoughts arise. It's also beneficial to repeat it to yourself in the mirror, saying it before bed or when getting ready for the day. Writing it down and having it in a place you can see is also a helpful reminder.