SELF-AFFIRMATIONS

Self-affirmations are positive words or phrases that you tell yourself to change negative ideas you have believed about yourself in the past. Through self-affirmations you can:

- Feel better about yourself.
- Free yourself from old baggage you have been carrying.
- Take responsibility for your physical and emotional health.
- Take responsibility for the choices you make.
- Give yourself permission to grow, to change, to take risks, to take action and create a better life for yourself.
- Achieve the goals that you have visualized, imagined, and believed to come true.
- Have a successful, happy, fulfilled life.

“I” statements are one-line statements that can be repeated to cover three areas: I am, I can, and I will.

“I am” is a positive statement of who you are.
This is a positive statement of your qualities, talents, and abilities.
Examples include:
- I am strong. I am energetic I am trusting
- I am intelligent I am relaxed I am joyful
- I am smart I am creative I am forgiving
- I am friendly I am a good person I am generous
- I am loving I am kind I am brave

“I can” is a statement of your potential.
This is a positive statement of your ability to accomplish goals.
Examples include:
- I can lose weight I can grow I can laugh and have fun
- I can take risks I can succeed I can be a problem solver
- I can be assertive I can be strong I can control my temper
- I can be a winner I can be positive I can handle my children
- I can pass math I can change I can let go of fear
- I can let go of guilt I can plan ahead I can stop smoking
"I will" is a statement of positive change in your life. This is a positive statement of a change you want to happen. Examples include:

- I will like myself better each day
- I will smile more today
- I will sleep well tonight
- I will take responsibility of my life
- I will let go of old hurts today
- I will talk in class today
- I will take care of me today
- I will take on only what I can handle

Affirmation statement examples:

- I am the best friend I have.
- I am a capable human being.
- I deserve to love and be loved.
- I am a skillful and artistic person.
- I can show others a good example.
- I can be a winner.
- I like the way I handle problems.
- My children will benefit from my healthy changes.
- Taking risks is the path to growth.
- I face each new day as a race to be run.
- I love myself for who I am.
- I have the right to feel the way I do.
- There are beautiful things happening in my life daily.
- Change is a blessing.
- I grow in love every day.
- Nothing is worth losing my sanity over.
- I am a deserving human being.
- I am responsible for only my own feelings.
- I am able to handle any problem I face.
- I am winning in the race of life.
- I am learning to be comfortable by myself.
- I accept the natural ups and downs of life.
- I am in control of my life.
- It is okay to make mistakes. I accept my mistakes and learn from them.
- I do the best I can and I am okay with that.