

Positive Affirmations

Our internal dialogue can have a profound effect on our body chemistry and how we feel about ourselves, our experiences, and our general day to day lives. It's very common for our internal dialogue to sound something like, "Oh, that was a stupid thing to do!" or, "I'm such a screw up," or, "Why do things always have to be so difficult?!" which can move us into a place of exasperation, exhaustion, a defeatist mentality.

Trying to change our internal dialogue to one of love and acceptance can be more difficult than we think, because not only do some of us struggle to believe that we are worthy of those kind words, so that it feels false or forced/cheesy, but also because we lack the language skills of how to speak kindly to ourselves.

One thing you can try when you're hitting a difficult place in your day/life, is to talk to yourself as if you were speaking to your own child. What would you say to them? You wouldn't tell them they were stupid or that they were a screw up, so don't say it to yourself.

Another thing that's great to do is to create positive affirmations that you can keep on hand to read regularly. They teach us the language of kindness towards ourselves and they are generally a quick emotional boost. It's common to still find that the words don't always resonate to start with, but that's usually because you're not used to speaking this way to yourself. As you go on, you can find that it's much easier and more enjoyable.



For this activity I would like for you to create some positive affirmations for yourself. You can do this on nice cardstock, or even just on some post-it papers that you can stick around the house. I would recommend creating at least 10, but there's no limit, keep going if you're feeling the love.

Depending who you ask, there can be various rules to creating them, but I'm only going to ask that you phrase each one from a first person perspective, using "I" and "me" in your sentence structure and that you affirm with assuredness, keep away from phrasing like, "I'll try," or, "If I can," instead use "I will."

I would encourage you to create your own affirmations, because it will give you the opportunity to connect with your own needs and intuition, but also because it will be better suited to your own circumstances and life at this time.

However, if you are struggling to create some, you can purchase a set of 44 affirmations for download, which you can print and put them around your house or in various areas you'd see frequently.