

How to Utilize Positive Affirmations to Change Your Mindset.

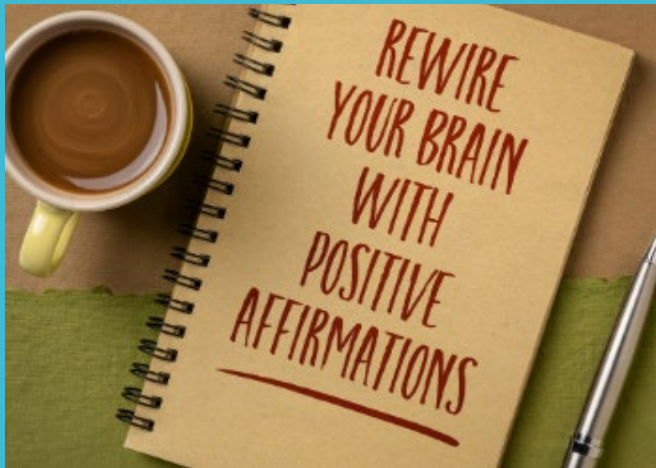
Presented by:



Positive Affirmations

- Affirmations are positive thoughts that focus on your strengths and abilities.
- These statements can be specific to you and your goals or more general.
- You may even notice that you already say them to yourself!

You might be asking yourself, "Why should I incorporate daily affirmations?".



Here are some reasons people include them into their routine:

- To combat negative self-talk
- To boost self-esteem
- As motivation
- To encourage yourself and incorporate positive change

**According
to experts
in this
research
field...**

Incorporating more positive self-talk throughout your life can:

- Increase your lifespan
- Reduce symptoms of depression
 - Reduce symptoms of anxiety
 - Better coping skills
- Better abilities to handle stressful or difficult situations
- Overall improvement in physical and psychological wellness



Current Pattern of Thinking

- We all have an internal running monologue or self-talk.
- **Are your current beliefs or thoughts about yourself helpful?**
- **Are your current beliefs or thoughts about yourself unhelpful?**

Steps to creating an affirmation:

- State them in the here and now.
- Be specific and keep it simple.
- Fill your affirmation with positive thoughts about yourself.



Steps continued:

- Focus on the solution
- Avoid negative thinking/speak

Steps continued:

Visualize your affirmation.

Start practicing.

Say those affirmations out loud!

Remember, this is a practice! If you catch yourself thinking more negatively throughout the day, switch it out with saying something positive about yourself.

Affirmations

I am worth all the love I receive.

I am able to accomplish big dreams.

I can hurdle all the challenges that I encounter.

I can do great things.

I am going to be successful.

I can push myself and make myself proud.



Guidelines for affirmations:

- There are no specific rules.
- Repeating the affirmation daily is suggested.
- You can repeat it a few times daily, too.
- Saying the affirmation out loud is important.
- Once you figure out what works for you, stick to it and make it a part of your routine!

Exercise and Affirmations

Using positive self-talk during exercise has been linked to:

- Greater enjoyment in the workout
- Better concentration
- Increased physical exertion and increased intensity

If you find yourself saying:

"Ugh, I really don't want to do this work out today."

try changing that to

"I'm ready to get this workout in!".



Work and Affirmations

Using Positive Self-Talk during work related tasks:

According to a study shared in the Harvard Business Review, *Pronouns Matter When Psyching Yourself Up*, researchers found that how you talk to yourself matters!

In this study, researchers found that by referring to yourself in second or third person pronouns or using your first name in self-talk helped people to feel more confident, calmer, and perform better in tasks.

"I can do this" vs "You/He/She/They can do this"



Resources

- <https://www.psychologytoday.com/us/blog/click-here-happiness/201901/positive-affirmations-11-keys-affirmations-work>
- <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/positive-thinking/art-20043950>
- <https://www.waldenu.edu/online-bachelors-programs/bs-in-psychology/resource/how-positive-self-talk-can-make-you-feel-better-and-be-more-productive>
- <https://www.healthline.com/health/mental-health/do-affirmations-work>