

Affirmations



How do you speak to yourself?

With love or with criticism? Or maybe you're not sure?

'I'm not good enough'

'I'm not smart enough'

'I'm not (fill in the gap)'

'I can't ... (fill in the gap)'

'I'm not capable'

'I'm going to fail'

'What if I fail?!'?"

We are all guilty of experiencing these negative thoughts. It is a normal part of being human.

We often speak to ourselves in such an automatic way that we don't even realise how unkind or unfair we are being to ourselves; and yet these words can disempower us from doing the very things that we really want to do. Even worse, stop us from being who we really want to be and what we want to achieve.

Negative self talk can increase our levels of anxiety and stress and reduce our mood, which in turn can hinder academic progress and our own personal life experiences.

It is therefore important to understand how you are automatically thinking, because whatever you think about yourself, or a situation, will create either a feel-good emotion and a positive response or a not so nice feeling with a negative stressed response.

This is where AFFIRMATIONS come in to help.

Affirmations help us switch your thinking from negative to uplifting, helping to reduce your levels of stress and increase your feel good emotions.

Affirmations allow you to change your internal talk - to move away from the negative things we say about ourselves and instead to focus on a more positive thinking experience.

So what are affirmations?

Affirmations are simply positive powerful statements that you say to yourself, which help you to create a positive shift in thinking, helping to reduce your stress levels and motivate you to do your best. You choose words that are positive about you and say these words to yourself daily.

Affirmations are a powerful positive self-help habit that really can change your life by helping to purify your thoughts and retrain the brain to begin to think more positively about you.

Affirmations are simple but **SO POWERFUL** when used consistently. It takes time for affirmations to really set within our subconscious mind. But if you are consistent with them, the praise you say to yourself over and over again will start to become a part of your reality and you will begin to believe them.

To get started with your affirmation practice, choose words that you believe in. The affirmations that you choose to use have to feel right for you so that you can believe in these new statements.

Check out the list of powerful affirmations inside of this section and choose 2 or 3 affirmations to start with.