



# Empower yourself with positive affirmations

The stories we tell ourselves shape our thoughts and emotions. We can just as easily uplift ourselves as we can bring ourselves down. Practicing positive affirmations encourages us to focus on our strengths and potential, helping us to challenge unhelpful thoughts.

Positive affirmations are meant to be short, powerful statements that genuinely reflect your strengths, goals, values and desired areas of improvement. They often start with “I can,” “I will” or “I am,” and help you feel more confident and optimistic. For example:

**I can make healthy choices**

**I can learn new things**

**I will be kind to myself**

**I will not compare myself to others**

**I am worthy of love and respect**

**I am stronger than my worries**

**I matter**

**I choose to focus on what I can control**

**My past does not define me**

**Today is a new day with new opportunities**

Choose affirmations that resonate with you and use them daily, if not several times a day. You can say them silently in your mind, out loud, record them and listen to them, or write them out. It can also be helpful to post visual cues to remind you of your affirmations. Whatever works best for you.

**Positive affirmations can boost our mental health and wellbeing in many ways:**



**Nurture your self-worth** by reframing negative thoughts and beliefs



**Create calm** by focusing on positive and reassuring thoughts to help reduce stress and anxiety



**Enhance your sense of purpose** by remembering your goals and values



**Foster a positive outlook** to reinforce your resilience and help you cope with life’s ups and downs

# Create your own positive affirmations

Let's do a quick exercise to help you create positive affirmations that resonate with you.

- 1** Take a few moments to think about strengths you'd like to focus on, challenges you'd like to overcome and positive experiences you'd like to have. Write down what comes to mind.
- 2** Think about what you need to believe to support those strengths, overcome those challenges and enjoy those positive experiences.
- 3** Write those beliefs into positive statements that feel empowering and meaningful to you.  
For example, let's say you want to quit second-guessing yourself about the quality of your work. Your affirmations may be something like:
  - I know what I'm doing
  - I choose to believe in myself
  - I am stronger than my worriesThey could also be more specific, such as:
  - I am an accomplished expert in my field, having earned a degree in my field and with 10 years of relevant professional experience
- 4** Take a few moments to think about strengths you'd like to focus on, challenges you'd like to overcome and positive experiences you'd like to have. Write down what comes to mind.
- 5** Use the space below to create your own affirmations. If it's helpful, use the prompts to get started.

**I am** \_\_\_\_\_

**I can** \_\_\_\_\_

**I will** \_\_\_\_\_

**I choose** \_\_\_\_\_

**I have** \_\_\_\_\_

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