

Avi Project

THE COLLEGE PREGNANCY RESOURCE

Daily Affirmation Exercise

Affirmations are positive statements that describe a desired situation, repeated many times to impress the subconscious mind and trigger it into positive action. History has shown this to be effective in getting the desired result.

Our subconscious mind accepts whatever we say to ourselves as truth and eventually attracts corresponding events and situations in our lives. If we tell ourselves negative things all day, we are willing only negative things to happen but if we tell ourselves positive, daily affirmations, our outcome can only be one of joy.

Because we have 12,000 to 60,000 thoughts a day, and 80% of them are negative, we have our work cut out for us to change our natural way of thinking from negative to positive. Can you imagine how different our lives and this world would be if out of those 60,000 thoughts, 80% were POSITIVE?! This is a challenge I'll sign up for all day....wouldn't YOU?

Start your day and end with it by telling yourself your daily affirmations. What is it you want to will to happen in your life? What are your hopes and dreams that you would like to see become a reality? I know it takes so much more than telling yourself to say positive affirmations two times a day to achieve success in life, but why wouldn't you try daily affirmations and give yourself every opportunity to achieve whatever it is want to have in your life?!

How to Do Daily Affirmations

Daily affirmations are pretty easy. You just choose a phrase that represents how you want to think or feel and repeat that phrase to yourself. Here are some tips to help you start an effective affirmation practice:

1. Say your affirmations out loud.

Saying an affirmation in your head is fine, but it may help to add additional senses so multiple parts of your brain experience the affirmation. Saying your affirmation out loud can help you feel it coming out of your mouth and hear it going in your ears.

2. Use the present tense.

Keep your affirmations simple and clear by using the present tense. For example, you might say “I am a good person” rather than “I can become a good person”. This focuses your attention on shifting your beliefs rather than setting a goal.

3. Try not to highlight the negative.

The goal is to shift your mind to thinking in more beneficial ways, so be careful not to frame your positive affirmations in ways that remind you of the negative. For example, instead of saying, "I will no longer get into bad relationships," you might say, "I am deserving of healthy relationships."

4. Choose meaningful affirmations.

When choosing which affirmations to repeat regularly, look for ones that matter to you. If you keep repeating something that's unimportant to you, it won't feel as worth it, and so you may not be as committed to shifting your mindset in that direction.

Positive Daily Affirmations

1. I am inspired by things happening all around me.
2. I am grateful for the people I have in my life.
3. I grow and improve every day.
4. I treat myself kindly and with self-compassion
5. I can find the silver linings in difficult situations.
6. I always try to see the bright side of things.
7. I am grateful for the things I have in life.
8. I appreciate the opportunities I've been given.
9. I am kind and help inspire others to be kind
10. My life is full of potential.
11. I give myself permission to be myself.
12. I give myself permission to take time for myself.
13. I have the power to change.
14. I forgive those who have hurt me.
15. I have the ability to recover from difficulties.