

## Discussion: Self-Affirmations

Affirmations are statements of acceptance. They are powerful and positive thoughts and statements.

Today, we will focus on self-affirmations. Here are some examples. Notice that they emphasize peace and harmony with oneself.

- I am at peace with myself
- I am filled with love
- I am at peace with all those around me
- I have provided a safe place for myself and those I love
- The more honest I am with those around me, the more love is returned to me
- I express anger in appropriate ways so that peace and harmony are balanced at all times

When formulating your self-affirmation, consider the following:

- Use the present or past tense. You want your mind to know it has already happened.
- Be positive. Use the most positive terms you can. Never use negatives in self-affirmations.
- Write them. As you are learning to do self-affirmations, write them down so you will remember exactly what you want to say. Keep them short and very specific. Personalize them with your name.
- Believe. Always believe that what you are saying is happening. The more you believe, the stronger the self-affirmation.
- Repeat them. Repetition helps to set your self-affirmations in your head and in your unconscious being.
- Take time daily for your self-affirmations. Always have a specific time daily set aside for them. This will help set a pattern for your life.

**Write your own self-affirmations:**

- 1.
- 2.
- 3.