

Writing an Affirmation



For today our affirmation is “I am loveable or worthy or enough just as I am now in this moment” (You will repeat this or a version of this when we do our guided visualisation at the end of today)

Writing an Affirmation

1. Spend 10 minutes writing down 3 key affirmations that will guide you for this term and next
 2. Once you feel you have come up with some good ones, double check your affirmations against the guidelines outlined below (“I” statement, realistic, concrete and positive). If you want you can check it out with me now (or a teacher) or next time
 3. If you want you can write these out on flash cards and pin them up in your bedroom and read them at least twice a day
 4. Also for one week, every day, write your affirmations down 15 times in a row.
- An affirmation is a short, positive, powerful statement that you repeat on a regular basis
 - Have a specific goal in mind
 - Eg I, Jane, am an exceptional presenter. I am well prepared and deliver my workshop with passion.
 - Or I, Jane, will be the best I can be as a presenter or eg a student or a team member.
 - You can also speak about the goal as if it has already happened:
 - Eg It feels great to have achieved my goal of presenting well, or being the best student I can be, or studying consistently.
 - Make your goal realistic. (eg don’t say: I am going to win an Olympic swimming medal if you can hardly dog paddle)
 - Don’t state that you want something to happen. Make the statement concrete and positive. It is not making a wish.
 - Eg don’t say “I want to always try to do my best” say “I will always do my best and continue to improve in.....