



Positive Affirmations Guide



LIFE SKILLS FOR CONFIDENCE
Empowering Teens and Tweens with
Critical LIFE Skills to Grow Confidently.

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Positive Affirmations

Here is an activity you can do for yourself as well as helping your teens or tweens!

Positive affirmations can help you feel more satisfied with life. It can strengthen your sense of joy and social connection, improve your relationships, promote forgiveness, help cope with adversity, and even fortify your immune system.

In addition, studying and speaking your daily affirmations out loud each day can result in a higher level of alertness, resilience, enthusiasm, determination, energy, and increase your quality of sleep.

Positive people also report lower levels of depression and stress although they do not deny or ignore the negative aspects of life.

This is the tool that can help you to write down things you want to create in your life that are positive.

You can train your mind into creating your own positive affirmations or word phrases and sentences that are said with positivity and belief, that enable you to think and feel powerful.

Anything you appreciate or want more of, can happen here today by incorporating this simple habit of positive self-talk through positive affirmations, being read and reviewed daily.

This worksheet will guide you through creating your own affirmations. You can free your mind from negative thoughts and feelings by practicing affirmations!

In other words, having conversations with yourself that are filled with more positive words and less negative ones.

STEPS TO ENSURE SUCCESS - STEP 1

Here's how to create & use your own Affirmations...

Make a list of things that would make you happy.

- What things do you want in your life right now & in your future?
- Start some of the affirmations with "I am..."

Think about the things you wrote and start creating phrases that put you in position of accomplishing them.

Example:

- Instead of saying "I want to feel Confident", say "I am Confident!"
- I am completely relaxed at all times, both mentally and physically
- I am blessed with health and happiness.

Your thoughts will then lead you to your actions.

- Eventually you will attract those things on your wish list
- You will become that person by establishing positive self-talk.

You must repeat these phrases daily!

- It's not enough to write them down.
- Practicing daily will allow you to become embedded with self-belief and confidence.

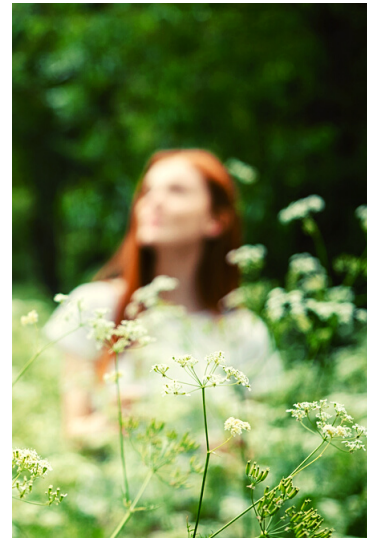


STEP 2 IDENTIFY WAYS TO TAKE CONTROL

Begin to find different ways to incorporate positive thinking....



- **Watch out for negative self talk and eliminate it**
Your often not aware of talking negatively to yourself
Your body will not accept negative suggestions
- **Use your quiet time to read, relax, and repeat suggestions**
Read your suggestions several times over while relaxing
Command your negative thoughts to go away
Rephrase an original thought to become positive
- **Create places you can post affirmations**
Use your dressing areas to display suggestions to read
Put reminders in your phone and see your affirmations
- **Remember to watch and change to new ones occasionally**



How will you know that practicing positive self-talk is contribution to your success? _____

What specific action steps will you have to implement to make sure you are practicing positive self talk each day?

You can practice the affirmations anytime.

Morning is efficient as your mind is fresh so say them out loud to yourself and start to strengthen your mindset.

What's your plan to practice positive self-talk in your daily life?



HOW TO FORMULATE GENERAL SUGGESTIONS

**Suggestions should be SHORT, SIMPLE and
ABSOLUTELY POSITIVE**

*Set each up as a visual flash card or read several times over before
going to sleep or when resting & relaxing in a quiet place.*

Every day and in every way, I am getting better and better.

**I am completely relaxed at all times, both mentally and
physically.**

Positive thinking brings me the advantages I desire.

**I exercise complete control over my mind, body, and emotions,
at all times.**

**I have the strength to cope with any situation which now exists
or might arise.**

**** For those who wish to lose weight:**

I eat only at regular meal times, properly and sparingly.

I get more filling satisfaction from less food every day.

**I eat only for the nourishment of my body and for no other
reason.**

STEP 3 TAKE CONTROL AND PRACTICE

Your overall goal is to eliminate Negative thoughts & suggestions and replace them with

SHORT, SIMPLE AND ABSOLUTELY POSITIVE SUGGESTIONS

No matter what...

DAILY AFFIRMATIONS

I AM A GOOD PERSON

I AM STRONG

I AM COURAGEOUS

I AM SUCCESSFUL

I AM CONTENT AND ENJOY THE "SEASON" THAT I'M IN

I HAVE THE DNA OF A CHAMPION

I AM WHO GOD SAYS I AM

I LOOK GREAT TODAY

I'M A HEALTHY AND ATTRACTIVE PERSON

I AM MORE OUTGOING AND CONFIDENT

I AM HELPFUL

I'M A CHARMING AND HAPPY PERSON

I AM GETTING BETTER & BETTER EVERY DAY

I AM KIND AND PATIENT ALMOST ALL THE TIME

I AM FORGIVING & LOVING

STEP 4 BELIEVE IN GOOD OUTCOMES

**Trust that only good outcomes will come to you because
Being Positive is useful and has Power to help.**

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**Keep your Positive Thinking as your focus,
because you are the only one who can do this!**

- Keep an eye on your success and allow it into your life, and mind.
- You have so much good ahead of you
- Continue to be mindful of what you want to do, as you transition to the next steps of becoming successful.



**You have control over your life and you have
others around you to support you!**

- Let them help you work on your own Personal Development.
- **Use your mirror and tell yourself that you are doing a good job!**
- Look yourself in the eye and say I am gaining strength everyday!
Say "I am keeping a mental state of relaxation and of being in present time".
- Tell yourself "You are beautiful, and you are amazing"!

*Enjoy your day!
Addie & Claudia*

Empower You to live a meaningful life!