

Write Your Own Affirmations

WHAT IS AN AFFIRMATION?

An affirmation is a statement designed to bring about positive change in oneself or one's environment. It should always be stated as if the desired outcome either has already occurred or is in the process of occurring, not as something that will come about in the future.

SAMPLE DAILY AFFIRMATIONS

I am naturally beautiful in my own skin.
I bless my body with love.
I work with my body, not against it.
I am grateful for who I am.
My every imperfection is uniquely perfect in its own way.
When I feel stressed, I give myself a break and let my body be rejuvenated.
I am more than just the sum of my body parts.
My mind is at peace.
I am able to handle any problems I face.
I exercise for the joy of feeling my body move and grow stronger.
I can sleep soundly tonight, I am ready to face the challenges of tomorrow.
I will not wait to have a good day. I will make one.
I cannot climb uphill thinking downhill thoughts.
Nothing is worth losing my sanity over.
I have the ability to handle this.

Decide what area of your life you want to work on and then decide what you want and visualize. To visualize what you want is to have it. One must truly believe that you can visualize and 'see' what you want. The technique IS simple, but the task is not unless you TRULY BELIEVE in yourself and that you can change and manifest what you want.

There are several essential points to know about affirmations:

BE IN THE MOMENT
Use the present or past tense. Do not use the future tense because you want your mind to think it has already happened

BE POSITIVE
Use the most positive terms you can. Never use negatives in affirmations.

WRITE YOUR OWN
When creating affirmations, write them down so you will remember them verbatim.

SHORT & SWEET
Keep your affirmations short, sweet, 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 affirmation.

REPETITION
Being repetitive and persistent helps to set them in your head and in your unconscious being.

MAKE TIME
Set aside a specific time for your affirmations and visualizations so that you can establish a daily routine.



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Write Your Own Affirmations

Use the space below to begin thinking about and writing your own positive affirmations.

A large, empty rectangular box with a light green background and a teal border, intended for writing affirmations.

Great Idea!

Write your affirmations on post-it notes and place them around your dorm room, apartment or in your car.



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