

## Affirmations

### Directions:

A strategy in building self-esteem and cognitive restructuring is giving yourself affirmations. This will change negative self-talk. With an affirmation, you affirm (in the present) something you want to create in your life in the future. If you've been telling yourself that you may never find the right job, you're probably right. If you feel less than confident about your relationships or future, then you are not providing yourself with the proper fuel for success. If you continue to think the same way, you'll continue to get the same outcomes. However, you can change this pattern if you change your thinking. If you start today to affirm what you want, you will create that outcome for yourself in the future.

To build an affirmation statement, take the following steps:

**Step #1:** Write three statements that presently and truthfully express how you currently feel about yourself or your life and would like to change. Ex. *I am anxious; I feel like a failure; I can't focus; My temper is out of control, etc.*

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

**Step #2:** Write three affirmations that are the opposite of the above. You do this by following two basic but important rules...

1. State them in the present tense. Ex. *I am....., I have....., etc.* The reasoning is that your behavior tends to mirror what you believe. When you state something to yourself as if it were true today, your behavior will come into alignment with the belief more quickly than if you state it as being true in the future.
2. State them positively. Ex. *I accept myself* (instead of *I won't criticize myself*). The reasoning is your our mind will work more effectively with affirmations that express what you want rather than what you don't want.

Your affirmations are:

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

**Step #3:** Pick one of your affirmations from Step#2 (above). Using the colored card supplied by the instructor, and colorful art supplies you have at home, design a personalized affirmation card. Write your affirmation on one side. Put your name on the back of the card. Color, design and decorate the card so it is appealing and powerful to you. Remember the affirmation statement itself should be the most prominent feature of the card, so don't overdo the pizzazz. Add just enough so you will like to look at it everyday and so that it shows effort.

**Step #4:** Use it everyday. Your affirmation needs a chance to be heard frequently. Say it to yourself often, but at least everyday in the morning and before bed. Place it in a location where you will see it everyday often. When you stop seeing it, place it in a new location so it catches your eye. Suggested locations are: your planner, refrigerator, mirror, car, notebook, journal, etc.

You will begin to notice a difference after about one month of consistently using affirmations. You will be pleased with the results.



## Affirmation - Scoring Rubric \_\_\_ / 10

	Above and Beyond	On Target	Developing
<b>Tense</b>		<b>Present</b>  <b>3 points</b>	<b>Use of future tense.</b>  <b>0 points</b>
<b>Presentation</b>	<b>Extra effort and/or creativity beyond target.</b>  <b>5-6 points</b>	<b>Colorful, and appealing, and inviting to view. Message was clear. Neat.</b>  <b>3-4 points</b>	<b>Needed more color and/or effort. Message needed to be more apparent.</b>  <b>0-2 points</b>
<b>Tone</b>		<b>Positive</b>  <b>3 points</b>	<b>Negatives or negative connotation used.</b>  <b>0 points</b>



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