

AFFIRMATIONS - RETRAIN YOUR BRAIN

Affirmations are short, positive statements you repeat to yourself to challenge unhelpful thoughts and build a healthier mindset. Think of them as mental training, you're rewiring your brain to believe better things about yourself and your life.

Why Do Affirmations Work?

- They retrain your brain: Repeating positive statements helps override old, negative thought patterns.
- They activate your RAS: Your brain starts noticing things that align with the affirmations you repeat (like confidence, opportunities, calm).
- They build self-belief: Over time, what you say to yourself becomes what you believe.
- They shift focus: From self-criticism to self-support.

Top Tips for Using Affirmations

- Keep them positive – focus on what you want, not what you're trying to avoid.
- Say them in the present tense – e.g. "I am" not "I will be."
- Keep them personal – use I, me, or my.
- Make it believable – stretch yourself, but don't lie to yourself. Try: "I'm learning to..."
- Repeat often – try morning, evening, and during stressful moments.
- Write them down – or say them out loud. Both work powerfully.
- Pair with deep breathing – calm your body while feeding your mind.



Examples

- I am enough, just as I am.
- I deserve respect and kindness.
- I am worthy of love and care.
- I trust myself to handle whatever comes my way.
- I am learning something valuable every day.
- I grow stronger through every experience.
- I don't have to have all the answers yet.
- Setbacks do not define me, my response does.
- I breathe in calm, I breathe out stress.
- I choose peace over panic.
- I am safe in this moment.
- My mind is allowed to rest.
- I can pause, reflect, and reset.
- I get to do this.
- There is always something to be grateful for.
- I welcome progress, not perfection.

Write 3 Affirmations that resonate with you. Learn them off by heart and repeat them daily.

- 1.
- 2.
- 3.

Top Tip: Start your affirmations with "I am", "I choose", "I can", or "I get to..."