



Positive thoughts and Affirmations

People adapt to experiences and information that pose a threat to their self-concept. By affirming your core values and beliefs in a positive manner, you are able to maintain this. Practicing self-affirmations will help to establish a global narrative about your identity, improving your self esteem and your outlook on life.

Practicing positive thoughts and affirmations can:

- **Increase happiness and dopamine levels**
- **Disrupt and reduce negative thought patterns**
- **Build and restore self-compassion and confidence**
- **Increase gratefulness**
- **Motivate desired behaviours**

Make positive thoughts and self-affirmations a daily habit in your life – begin by repeating your chosen affirmation for 3-5 minutes a day after you wake up and before you go to bed. Choose affirmations that are important to you.

Examples of Positive thoughts and Affirmations:

- I can control my own happiness
- I have people who love and respect me
- I deserve to be happy
- I stand up for what I believe in
- I believe in my goals and dreams
- It's okay not to know everything
- Today I choose to think positive
- I can get through anything
- I can do anything I put my mind to
- I can do better next time
- I believe in myself
- There is no one better than myself
- I am enough
- I get better every single day
- I am an amazing person
- All of my problems have solutions
- Today I am a leader
- I forgive myself for my mistakes
- My challenges help me grow
- I am perfect just the way I am
- My mistakes help me learn and grow
- I am open and ready to learn
- I can do anything

- I have everything I need right now
- I am capable of so much
- Everything will be okay
- I am proud of myself
- I am free to make my own choices
- I deserve to be loved
- I can make a difference
- Today I choose to be confident
- I am in charge of my life
- I have the power to make my dreams happen
- I believe in myself and my abilities
- Good things are going to come to me
- I matter
- Today is going to be a great day
- My confidence grows when I step outside my comfort zone
- My positive thoughts create positive feelings
- Today I will walk through my fears
- Everyday is a fresh start
- If I fall, I will get back up again
- I am whole
- I only compare myself to myself
- It is enough to do my best
- I can be anything I want to be
- I accept who I am
- Today is going to be a good day
- I have courage and confidence
- I give myself permission to make choices

