



BOYS & GIRLS CLUBS
OF CENTRAL FLORIDA

WONDERFUL Wednesday

Activity: Affirmations

Affirmations are sentences aimed to affect the conscious and the subconscious minds, so that in turn, they affect our behavior, thinking patterns, habits and environment.

The words composing the affirmation, automatically and involuntarily, bring up related mental images into the mind, which inspire, energize and motivate.

- Affirmations start with the words “I am...”;
- Affirmations are positive. Never use the word “not” in an affirmation. For example, instead of writing “I am not afraid to express myself,” you could write, “I am confidently sharing my opinion”;
- Affirmations are short;
- Affirmations are specific. For example, instead of writing, “I am driving a new car,” you would write, “I am driving a new black Range Rover”;
- Affirmations are in the present tense and include a word that ends in “-ing”;
- Affirmations have a “feeling” word in them. Examples include “confidently,” “successfully,” or “gracefully”;
- Affirmations are about yourself. They should be about your own behavior, never someone else’s.

When you have a set of affirmations ready to put to use, you can try these tips for using them:

- Use positive self-talk;

- Set big goals and stay mindful of your goals (write them down and place them somewhere you can see them every day);
- Say and visualize your affirmations every day;
- Take time to see yourself accomplishing the goals you've set;
- Think about how good it will feel once you have accomplished your goals.

To get into the habit, try to start by sticking with a schedule—for example, you might try repeating your affirmations:

- When you wake up
- On your break at school or work
- Before going to sleep

Complete the affirmations worksheet to help you create your own daily affirmation

