

Self-Affirmation

Self-affirmation is the act of affirming one's own worthiness and value as an individual for beneficial effect (such as increasing one's confidence or raising self-esteem).

Positive affirmations are defined as statements that affirm something to be true. Positive affirmations generally mean positive phrases that a person repeats to himself or herself to describe how they want to be.

Positive affirmations are positive phrases or statements used to challenge and eliminate negative or unhelpful thoughts that would hold one back. Practicing positive affirmations can be extremely simple. It mainly involves picking a phrase and repeating it to oneself constantly. Positive affirmations require regular practice, ideally a few minutes every day at least, to make lasting, long-term changes to the way one thinks and feels. Positive affirmations are widely accepted and well established in psychological studies.

Some examples of positive affirmations are:

- I am confident.
- I am confident socially and enjoy meeting new people.
- I am naturally self-confident and comfortable with myself and these are just parts of who I am.
- I am happy driving my new car.
- I am enjoying my new home.
- I am so happy and grateful that I now have a bigger house.
- I am happy and grateful that I am now earning more than I did last year.
- I am so happy and grateful that I have reached my ideal weight.

The theory is that when one starts saying positive affirmations to themselves, though they may not be true, with repetition, they embed into the subconscious mind and eventually they become believable to the person. This belief helps make them a reality. It becomes a self-fulfilling prophecy and becomes true. Over time, the negative beliefs fade and are replaced with positive thoughts. This helps to boost confidence, build positivity, pursue ambition, and achieve goals.

Resources:

Positive Thinking Affirmations

Designing Affirmations

Affirmation Worksheet

Using Affirmations

<https://www.mindtools.com/pages/article/affirmations.htm>

101 Positive Affirmations for kids

<https://www.thepathway2success.com/101-positive-affirmations-for-kids/>