

SELF AFFIRMATIONS

Self-affirmations are positive statements or phrases that you repeat to yourself regularly. They're designed to challenge and overcome negative thoughts, replacing them with more positive and empowering beliefs.

There is power of language that lifts you up and promotes self-esteem and your mental wellbeing.

Here are a few examples:

- I am capable of achieving my goals.
- I deserve success and happiness.
- I am confident in my abilities.
- I am worthy of love and respect.
- I choose to focus on the present and let go of worry.
- I am resilient and can overcome challenges.
- My potential is limitless.
- I am worthy of self-love and self-care.
- I attract positivity into my life.
- I embrace change and growth.

It is essential to personalize affirmations that connect with you and your goals and challenges. Whether it is a Post-It Note on your laptop, a screenshot on your phone or a prompt in your journal, regularly affirming positive statements can help reshape your mindset and cultivate a more optimistic and empowering self-perception.

JOURNALING PROMPTS

Expressing emotions, reflecting on oneself, and monitoring personal development are facilitated by journaling, making it a prevalent self-care method for wellbeing.

- Take a moment to reflect on a recent achievement or milestone and assess how it has contributed positively to your self-worth.
- Delve into a recent challenging situation you've faced and explore the valuable lessons it has imparted to you.
- Share your thoughts on a hobby or activity that brings you joy, emphasizing its significance to your overall wellbeing.
- Identify and celebrate three unique qualities that make you stand out as an individual.
- Describe a self-care ritual or practice that serves as a source of rejuvenation.
- Write a letter to your future self, expressing your aspirations, dreams, and intentions.
- Reflect on a past instance where you conquered self-doubt or fear and consider how it altered your perspective.
- Highlight a person or support system that has had a profound positive impact on your life.
- Create a list of 10 things that never fail to make you smile, regardless of the circumstances.
- Reflect on a setback you faced and elaborate on how you bounced back from it.
- Summarize yourself in ten words and reflect on why these specific words resonate with your identity.
- Identify the sources of inspiration that have the most profound impact on you.
- Communicate five aspects about yourself that you wish others knew.