Integrating Affirmations Into Your Life
What are affirmations?

Positive daily statements used for encouragement and motivation
Why is it important?

Self-affirmations have been shown to:

- decrease stress
- lead people to increase their physical activity
- overall can reprogram our thinking patterns, so that we think in ways and engage in behaviors that support our well-being
Not sure where to start?
Take a look at the following tips, examples, and resources:
Tips

Use present tense

Write in first-person point of view

Use actionable words (-ing verbs)
Affirmation Apps: Scan the QR Code below for a list of affirmation apps you can download!

“Take What you Need Affirmations” Posters Around Campus by the SWAs
Examples

"I am worthy of connections that are loving, genuine, and nourishing."

"I am not afraid of failures. I learn from my mistakes and turn failures into favorable results."

"I am learning to respect the process when I do not understand it."
References


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Resources
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