

# 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)**



# Resources

**Affirmation Apps:  
Scan the QR Code  
below for a list of  
affirmation apps  
you can download!**



**SHAC**

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

# Examples

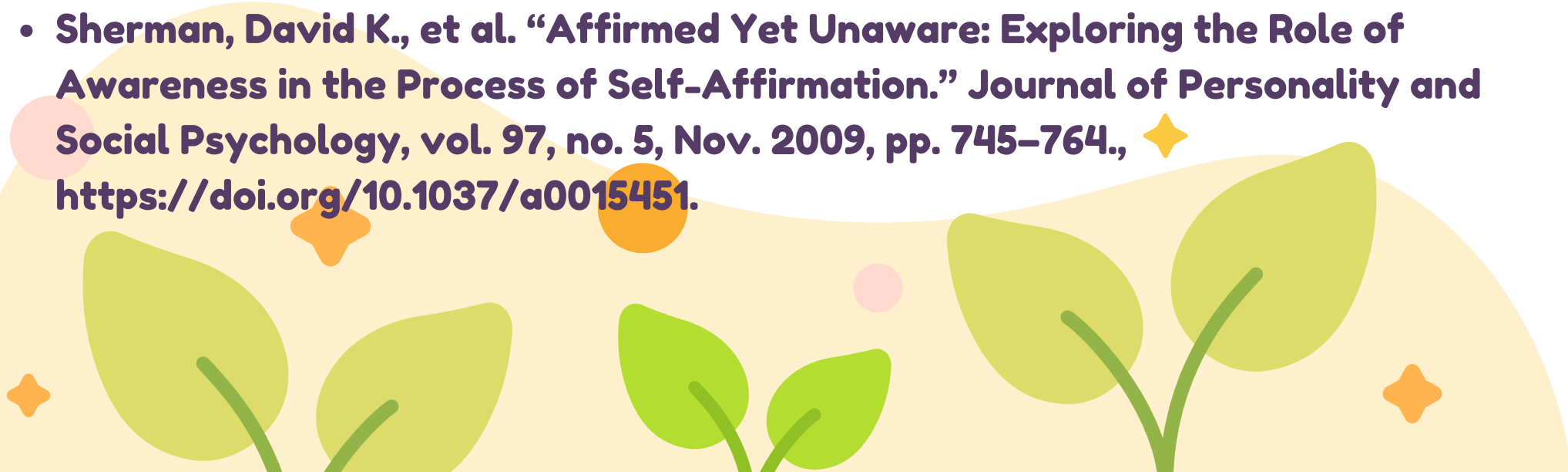
**"I am worthy of connections that are loving, genuine, and nourishing."**

**"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

- **Cooke, Richard, et al. “Self-Affirmation Promotes Physical Activity.”** *Journal of Sport and Exercise Psychology*, vol. 36, no. 2, Sept. 2014, pp. 217–223., <https://doi.org/10.1123/jsep.2013-0041>.
- **Critcher, Clayton R., et al. “When Self-Affirmations Reduce Defensiveness: Timing Is Key.”** *PsycEXTRA Dataset*, July 2010, <https://doi.org/10.1037/e566842012-502>.
- **Harris, Peter R., et al. “Self-Affirmation Reduces Smokers' Defensiveness to Graphic on-Pack Cigarette Warning Labels.”** *Health Psychology*, vol. 26, no. 4, 26 July 2007, pp. 437–446., <https://doi.org/10.1037/0278-6133.26.4.437>.
- **Sherman, David K., et al. “Affirmed Yet Unaware: Exploring the Role of Awareness in the Process of Self-Affirmation.”** *Journal of Personality and Social Psychology*, vol. 97, no. 5, Nov. 2009, pp. 745–764., ✨ <https://doi.org/10.1037/a0015451>.





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### Tips

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Write in first-person point of view

Use actionable words (-ing verbs)

### 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"

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