

Affirmations

Affirmations are positive statements. I also like to refer to affirmations as scientific prayers. These statements or prayers can help you challenge and overcome negative and self-sabotaging thoughts. Just like repetitive exercises that we use to improve our physical health and/or appearance, the repetition of affirmations improves our mental health and overall outlook.

It may be helpful to first make a list of negative stories that you tell yourself. These may consist of statements like “I am not good enough” or “I don’t matter”. Once you write these down, I want you to write opposite statements such as “I am more than enough” and “I always matter”.

Examples of Affirmations:

- **Everything is always working out for me**
- **I am always chosen**
- **I am worthy**
- **I am successful**
- **I am creative**
- **I can do this**

***It is helpful to write your affirmations down and stick them to your mirror or a place where you can look at and repeat them daily. Repeat these affirmations daily for a minimum of 21 days.**

-Ashley Hooker, MS, LCMHC