

Wellbeing Tip of the Week

Positive Affirmations



Affirmations are positive statements that can help us to challenge and overcome any negative thoughts or doubts we may have about ourselves. When we repeat them often, and believe in them, we can start to make positive changes. These positive mental repetitions can reprogram our thinking patterns, so that over time, we begin to think, feel, and act differently.

According to research, spending just a few minutes thinking about your best qualities before a performance review, presentation, or test/exam, can help to calm your nerves, increase your confidence, and improve your chances of a successful outcome.

By definition, your affirmation will be personal to you, and specific to what you want to achieve or change, but the following examples may provide some inspiration:

I am proud of myself
I can ask for help when I need to
I am a good friend
I am not afraid to stand up for myself
I have a positive attitude
I put effort into everything I do