

Daily Affirmations

Many people, when life becomes difficult or challenging often adopt negative attitudes towards themselves and their lives.

This exercise is an attempt to bring positive balance into someone's life.

Materials needs would be post card size paper or card and something to keep them in maybe an envelope.

In discussion the person should be asked to identify some positive qualities about themselves (being kind, thoughtful, honest, supportive, loving etc.) and write it down on the card or paper, e.g. "I am a kind person"; "I am an honest person".

Then on a daily basis best at the beginning of the day, the person reads the statements and believes what they have written about themselves. Then they affirm on a daily basis the good life qualities they have identified.

The process can start with just a couple of statements but over time qualities can be added.

It is hoped that by doing this on a regular basis the person developed a more positive attitude to themselves and their lives, or perhaps becoming more pro-active within their care and support.

Below is a list of some examples.

**My ability to conquer
my challenges is
limitless; my potential
to succeed is infinite**

**I wake up today with
strength in my heart
and clarity in my
mind**

**I possess the
qualities needed to
be extremely
successful**

**My life is just
beginning**

**I am at peace with all
that has happened, is
happening, and will
happen**

**My obstacles are
moving out of my way;
my path is carved
towards greatness**

I am the architect of my life; I build its foundation and choose its contents

Today, I am brimming with energy and overflowing with joy

My body is healthy; my mind is brilliant; my soul is tranquil

I am a powerhouse; I am indestructible

Though these times are difficult, they are only a short phase of life

My fears of tomorrow are simply melting away

Today, I abandon my old habits and take up new, more positive ones

I am blessed with an incredible family and wonderful friends

Everything that is happening now is happening for my ultimate good

Creative energy surges through me and leads me to new and brilliant ideas

I forgive those who have harmed me in my past and peacefully detach from them

I am courageous and I stand up for myself

I am superior to negative thoughts and low actions

A river of compassion washes away my anger and replaces it with love

I have been given endless talents which I begin to utilise today