What are ‘positive affirmations’?

Affirmations are powerful, positive statements that aim to direct your conscious and subconscious mind. The aim is that the affirmations will challenge unhealthy and negative thinking patterns. When they are spoken with complete conviction, they can adjust your thought process, emotions, beliefs and behaviours. Not only can positive affirmations boost your self-esteem, but they can even help you create change and project your achievements.

What are the benefits of positive affirmations?

Positive affirmations can:

* Motivate you to reach your goals, or act on something you have been avoiding
* Help you concentrate on your aims and goals by keeping your mind focused on what you want.
* Change your negative thought patterns into positive ones.
* Help you feel positive about yourself and boost your self confidence.

What are some examples of positive affirmations?

Your positive affirmation will be unique to you, and it’s important you think about what you want to achieve, or what you want to remind yourself of. However, if you need a starting point, here are some ideas:

I am successful in whatever I do

I will make the most of new opportunities

I am healthy and happy

My mind is calm

I am amazing

I can do anything

I am perfect exactly as I am

I forgive myself

I am in control of my reactions

I am not afraid to flourish

I love myself

I am beautiful

I can achieve my goals

Good flows to me, good flows from me