

Let's Talk: Positive affirmations

Speakers: Darah Smith, Brig Dunsmore, Evelyn Salcedo & Adrienne Davis

What is a positive affirmation?

Darah:

Affirmations are positive statements that can help you to challenge and overcome negative and self-sabotaging thoughts.

Brig:

Positive affirmations are positive phrases or statements that we use to boost our self-esteem and get ourselves pumped up for a task or a challenge.

Evelyn:

Positive affirmations, for me are a great way to challenge and reframe any negative thoughts that I may be having.

Adrienne:

Positive affirmations are thoughts and sayings that encourage positivity, happiness and are set to improve overall confidence.

When do you use positive affirmations?

Evelyn:

I personally practice positive affirmations daily, specifically each morning as I do feel like it helps set the tone for my day. So, each morning I'll go ahead and grab my cup of coffee. I'll grab my planner as I do use this religiously and I will recite an affirmation that I've posted to the front of my planner. I do recite this out loud as I feel like it's really powerful to hear myself say this out loud.

Darah:

When you repeat them often and believe in them, you can start to make positive changes. You can use affirmations at any situation that you like to see positive changes take place in your life. Some of these situations might include raising your confidence before presentations or an important meeting, controlling negative feelings such as frustration, anger or impatience, improving your self-esteem, finishing projects that you've started, improving your productivity, or simply to overcome a bad habit.

Adrienne:

I probably do not utilize positive affirmations as much as I should, but I tend to use them whenever I'm experiencing feelings of self-doubt, especially when dealing with my confidence or lack thereof in the relationship that I have with others.

Brig:

We can use them to recognize our progress or to disrupt negative or unhelpful thoughts. I think the real power of positive affirmations comes through practice and repetition, especially when we find ourselves getting caught up in negative messages and negative self-talk. We can use them to help us replace that negative message playing in our brains with something a little healthier and a little more reaffirming.

What are some examples of positive affirmations?

Adrienne:

I am capable of love. I am worthy to be loved. I'm smart, beautiful and strong. Those are some of the positive affirmations that I like to use.

Evelyn:

I don't chase, I attract. What belongs to me will simply find me. I am fully in control of my reality. I speak my dreams into existence. I find myself in a state of perpetual happiness. The universe works for me and with me.

Brig:

In high school, I had a basketball coach that would have us huddle as a team at the end of every practice, and we would repeat "Every day in every way. We get a little better. Every day, in every way we get a little better and we just keep repeating that. And that really helped me to remember to take note of the efforts that I've made, and also to see the progress that I make each day.

Brig:

Probably the affirmation I use the most as one that I use any time I have a big task or a presentation or something that I'm a little bit nervous about, I take a deep breath and then I repeat to myself, "I got this I've got this", and then I dove in and get to work. And that seems to help me feel a little bit more confident. And move forward with whatever that task may be.

Darah:

I bring happiness to others. By being myself. I am worthy of great things. I am surrounded by love. I make my optimism come true. I believe that the world is on my side as long as I am true to myself. I am so strong that nothing can disturb my peace. I move through my day with love and grace. I am in control of my own self-worth.

Just remember: You've got this!

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