



*Healing Pathways...
for a new generation*

ABOUT AFFIRMATIONS

- POSITIVE AFFIRMATIONS ARE POWER STATEMENTS AN INDIVIDUAL MAKES TO HIM/HER SELF ABOUT HIM/HERSELF.
- POSITIVE AFFIRMATIONS CLEAN UP SELF TALK AND BUILD SELF ESTEEM.
- AFFIRMATIONS MUST BE REPEATED WITH REPETITION (10-20 TIMES A DAY) TO HAVE AN AFFECT.
- WHEN REPEATED CONSISTENTLY OVER A PERIOD OF TIME, POSITIVE AFFIRMATIONS CREATE NEW NEURAL PATHWAYS IN THE BRAIN.
- WELL-WORN PATHWAYS BECOME HABITS AND PERSONALITY TRAITS.
- AFFIRMATIONS MUST BE USED IN THE PRESENT TENSE.

SELF ESTEEM AFFIRMATIONS

I AM POWERFUL. I AM DYNAMIC. I AM UNSTOPPABLE.

I AM ATTRACTIVE. I AM UNIQUE. I AM IMPORTANT.

I LOVE MYSELF JUST THE WAY I AM AND I AM GETTING BETTER ALL THE TIME.

I AM BURSTING WITH CONFIDENCE.

I AM AN AMAZING PERSON WITH AMAZING TALENTS.

AFFIRMATIONS FOR GIRLS

I AM BEAUTIFUL INSIDE AND OUT AND I DESERVE THE BEST LIFE HAS TO OFFER.

I LOVE MYSELF JUST THE WAY I AM. I AM COMPLETELY LOVABLE.



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I LOVE MY BODY JUST THE WAY IT IS AND IT IS GETTING BETTER ALL THE TIME.

FOR PROBLEMS AND PAST CHALLENGES

I HAVE FORGOTTEN MY DISAPPOINTMENTS. I'M READY FOR FUN AND JOY.

I AM NOT ANGRY ABOUT THE BAD TIMES. I AM GRATEFUL FOR THE GOOD TIMES.

I AM STRONG AND DETERMINED. I NEVER GIVE UP.

I AM HOLDING MY HEAD UP FOR I AM ON MY WAY UP.

I AM HAPPY AND MY LIFE IS SWEET.

MY LIFE IS FILLED WITH JOY AND OPPORTUNITIES.

FOR A BAD TEMPER or BAD ATTITUDE

I AM PEACEFUL AND I AM CALM.

I FORGIVE AND I SET MYSELF FREE.

I TRULY LOVE AND VALUE MYSELF.

I AM A MAGNET FOR POSITIVE PEOPLE AND POSITIVE EXPERIENCES.

I LOVE MY LIFE JUST THE WAY IT IS AND IT IS GETTING BETTER ALL THE TIME.

I AM A GOOD STUDENT WITH GOALS AND PURPOSE.