



AFFIRMATION STATEMENTS

Many students are plagued with negative thoughts such as, “There is no point of my staying in this class,” or “I am not good at public speaking.” Too many negative thoughts impede students’ motivation to achieve success. Therefore, students need to replace their negative thoughts with positive thoughts. Affirmation statements are ways to focus on positive thoughts. By writing and saying your affirmation statements over and over, you can replace the negative with positive thoughts.

Negative Thoughts	Positive Thoughts
I’m so stupid!	I am smart!
I’m really bad at this!	I’ll do better next time!
I really blew it today!	A mistake isn’t the end of the world!
There’s no point to this. I’ll just fail!	I’ll give it my best!

Here are three tips to make your affirmation statements as positive as possible:

1. Stay positive. Express your affirmations in the present tense.
2. Be specific. Affirmations are more powerful when they’re specific.
3. Keep it simple. Make sure your affirmations are short and focused on ideas.

A List of Typical Affirmation Statements

I’m really creative!	I’m true to myself!
I’m strong and physically fit!	I can make a difference!
I can inspire others to make a difference!	I can do whatever I put my mind to!

Exercise:

Create four affirmation statements in support of your goals. Write them on Post-Its or index cards, and put them in places where you will see them several times a day. For example: place them on your closet door near your bed, inside your wallet, on the refrigerator door, on the clock in your kitchen, on the mirror in the bathroom, and your school books.

Website Resources:

Affirm: www.coping.org/iamstudent/affirm.htm

Affirmations: www.coping.org/growth/affirm.htm

Affirmation Technique: www.whyweight.co.za/html/affirmationtechnique.htm

Positive Affirmations: www.affirmationsforthemind.com

Further Reading:

Beck, Aaron T., and Emery, Gray. *Anxiety Disorders and Phobias Cognitive Perspective*. New York: Basic Books, 1981