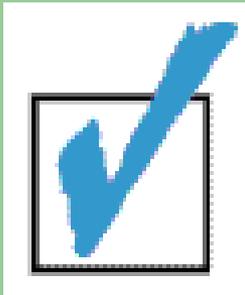


Self-Affirmations to Strengthen Health Management

Going for the 3 Increases: Increase in Health, Increase in Happiness & Increase in Energy

Strategies for
Success in Health
Management

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What are self-affirmations? They are:

- Ways of taking personal responsibility for your health and emotional stability
- Visualizations of new order & sense in your life, which you can work toward achieving
- Healing, positive self-scripts you give to self to counter negative self-scripts
- Ways you free self from over-dependence on other's opinions, attitudes, or feelings about you to enable you to feel good about yourself
- Ways of letting go of negative emotional baggage you have been carrying so you can be able to deal with your life in a realistic & positive manner
- Ways to letting go of feelings from the past so that you can face the present with a less obstructed view
- Ways you give yourself permission to: grow, change, take risks, rise up & create a better life for yourself
- Ways of "letting go" of the power you give people who drain your resources and keep you from experiencing full personal health
- Recognition of your rights & affirming your claim on them, to give you a chance of achieving your fullest potential
- Success prophecies that, when visualized, imagined, or believed in, do come true.



What shapes can positive self-affirmations take?

1. **I am:** A statement of who you are. This is a positive affirmation of a real state of being that exists in you. You can achieve a full list of “I am” statements by taking a personal positive inventory of your attributes, strengths, talents, and competencies
2. **I can:** A statement of your potential. This is a positive affirmation of your ability to accomplish goals. It is a statement of your belief in your power to grow, to change, and to help yourself. I can statements are developed after you develop a set of “short-term” (three to six months) goals.
3. **I will:** A statement of positive change in your life. This is a positive affirmation of a change you want to achieve. It is a positive statement of what you want to happen. It is a “success prophecy.” I will statements are developed after you have set your priorities for the short-term goals you have set.



Examples of “I am” Self-Affirmations

Statements of Being:

I am competent

I am energetic

I am strong

I am enthusiastic

I am intelligent

I am relaxed

I am beautiful

I am joyful

I am a good person

I am trusting

- I am caring

- I am generous

- I am loving

- I am courageous

- I am smart

- I am forgiving

- I am creative

- I am open

- I am talented

- I am sharing



Examples of “I can” Self-Affirmations

Statements of Potential:

- I can lose weight
- I can grow
- I can stop smoking
- I can heal
- I can handle my children
- I can let go of guilt
- I can gain self-confidence
- I can let go of fear
- I can take risks
- I can change
- I can be a winner
- I can be positive
- I can be strong
- I can be a problem-solver
- I can achieve better health
- I can handle my own problems
- I can laugh and have fun
- I can be honest with my feelings
- I can be assertive
- I can let go of over-responsibility
- I can control my temper
- I can succeed



Examples of “I will” Self-Affirmations

Statements of Daily Commitment to Change:

Today:

- I will like myself better
- I will gain emotional strength
- I will lose weight
- I will smoke less
- I will control my temper
- I will exercise more
- I will grow emotionally stronger
- I will smile more at my family
- I will offer my comments in group
- I will eat balanced meals

Today:

- I will feel good things about me
- I will sleep easily tonight
- I will feel less guilt
- I will face my fears courageously
- I will take on only what I can handle
- I will challenge myself to change
- I will manage my time better
- I will handle my finances wisely
- I will take a risk to grow



Other Form of Self-Affirmations

I am

I can Statements of Self-belief

I will

- The daily use of these “I” statements are another form of self-affirmation
- Designed to counter negative self-concept
- Can result in a positive attitude, optimism,
- Can motivate you toward emotional growth & progress.



Affirmation Word Visualizations

Step 1: Take any single target word about who you are, your ability, or what you want to accomplish. Write it on a 3 x 5 card.

Step 2: Get yourself into a relaxed state, preferably just before you go to bed. Hold the card about 12" to 24" from your eyes. Focus your eyes on the word and concentrate your attention. Hold this thought for up to 20 or 30 minutes.

Step 3: Do this exercise nightly for at least two weeks. As you continue, you are burning the image of your goal word into your mind. It will be with you in your thoughts as you proceed in your everyday life.



Affirmation Image Visualization

Step 1: Create or find an image of an object, person, or thing that embodies your goal for who you are, what your abilities are, or what you want to accomplish. **Visual: comfortable house; healthy heart; healthy lungs; low blood sugar; exercising; balanced meal; rainbow; diploma; sunset; cruise ship; calm ocean; happy-healthy child; sunny day; slim body; snow-topped mountain; smoke free living space**

Step 2: Get yourself into a relaxed state and either look at the picture or imagine you reaching your goal. Do this for 20 minutes each night for one month.

Step 3: Get copies of your picture or a simulation of your goal, and tape them in places where you will see them as you go through your normal day.

Step 4: Continue to keep your images in place until you have accomplished the “goal” feelings of success and/or achieved the “object” success. The important thing is to believe that it is possible to achieve. This motivation is the most important step on your journey to success.



Scenario Visualizations

Step 1: Once you have a goal in mind for yourself, daydream a full color movie in your mind of what your life would be like if you achieved it.

Step 2: Record yourself talking out the whole movie. Be fully descriptive, colorful, positive & uplifting. Use your imagination to the fullest & describe how positively you will be handling the change resulting from your goal attainment. Describe how key “significant others” in your life will cope successfully with your change. Save this recording for future reference.

Step 3: Write out a description of the goal attainment scenario & keep it handy for future reference.

Step 4: When you are in a relaxed state, listen to the recording & read your description of the scenario every day for two weeks.

Step 5: Refer back to the recording & script as time goes on until you have reached full attainment of your goal.



Create Self-Affirmation Cards

- These cards are forms of affirmation in words, phrases, or statements
- Each is written on separate 3 x 5 index cards
- Place the cards where you can see them daily & be reminded of positive aspects about yourself
- Every time you see these affirmation cards they will remind you to affirm yourself about these positive qualities or attributes
- State all affirmations in a positive way



Suggested places for affirmation cards

- mirror in bathroom
- dashboard of car
- mirror on dresser
- desk at office
- on closet door
- on desk at home
- refrigerator door
- in your wallet
- on front door
- in your brief case
- on bedroom door
- in books you use at work or school
- on telephone, cell phone
- on screen of computer, laptop, I-Pad, etc



Affirmation word examples

- bright
- capable
- creative
- strong
- intelligent
- beautiful
- smart
- giving
- quick
- peaceful
- loving
- hopeful
- caring
- responsible
- successful
- problem solver
- calm
- quiet
- pretty
- handsome
- relaxed
- enjoyable



Affirmation phrase examples

- enjoy good health
- think happy
- take it easy
- be calm
- think wisely
- take action
- work smart
- do it
- take the time
- do it now
- have fun
- be a winner
- take a risk
- sit back
- dare to be different
- step back
- seize the opportunity
- take the lead
- get in control
- let go
- believe in me
- relax and enjoy
- trust in me
- let it be



Affirmation statement examples

- I can be a winner.
- I am the best friend I have.
- I have solved problems like this before.
- I have the ability to handle this.
- I am a capable human being.
- I deserve to have improved health.
- I will be the healthiest person I can be.
- I can show others a good example.
- I will have a healthy relationship with food (or alcohol or tobacco etc)
- I can make the changes needed in my life.
- Nothing is worth losing my sanity over.
- I am responsible only for my own feelings.



Affirmation-of-the-day exercise

Write a single positive affirmation on thirty 3 x 5 index cards.

- Take one card a day for each day of the month
- This card is your affirmation for the day
- When you get to the last card start again

To make this daily affirmation process grow, write out thirty different affirmations for each month of the year. Keep the 360 cards in a recipe box and continually use the collection year after year, adding new affirmations as you need them.