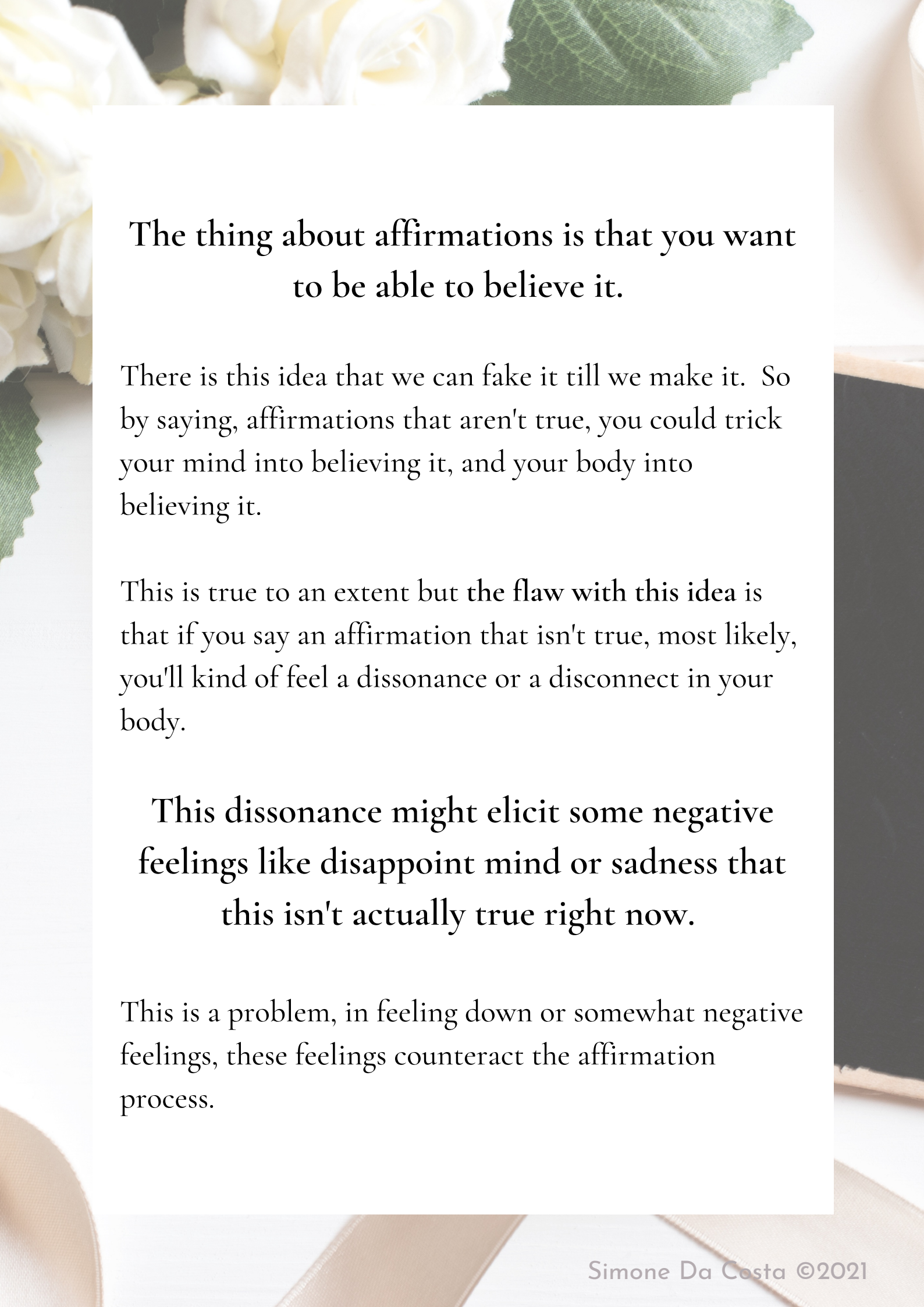


AFFIRMATIONS



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The thing about affirmations is that you want to be able to believe it.

There is this idea that we can fake it till we make it. So by saying, affirmations that aren't true, you could trick your mind into believing it, and your body into believing it.

This is true to an extent but the flaw with this idea is that if you say an affirmation that isn't true, most likely, you'll kind of feel a dissonance or a disconnect in your body.

This dissonance might elicit some negative feelings like disappoint mind or sadness that this isn't actually true right now.

This is a problem, in feeling down or somewhat negative feelings, these feelings counteract the affirmation process.

We want to get an affirmation that we believe in, so that it causes us to feel good.

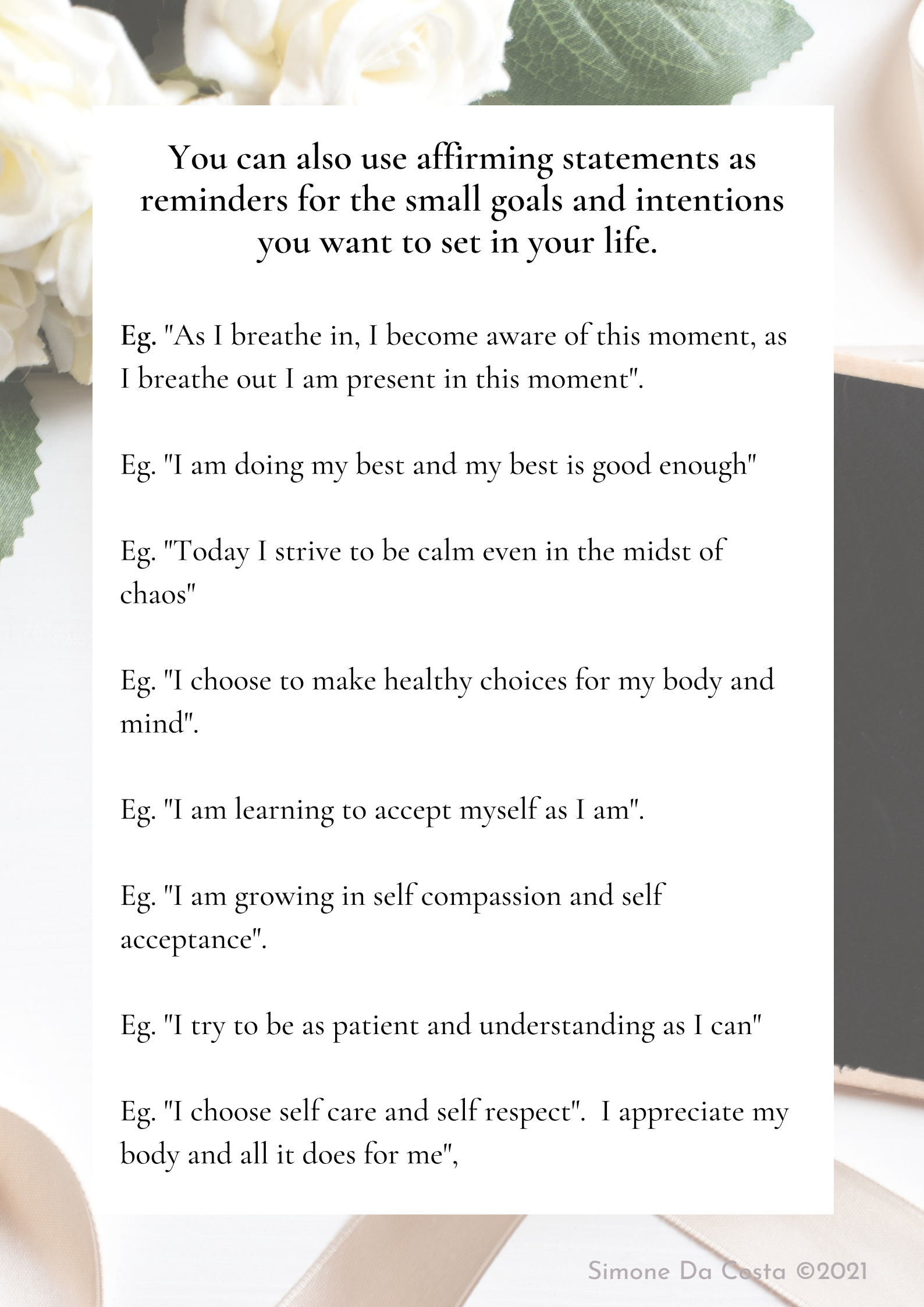
That's the whole point of the practice.

So even you really have to tailor your affirmations so that they even just somewhat true it could help you feel good about it and help bring more of that positive energy into your life.

For example, if you are struggling with body image, you can't just jump to "I love everything about my body" if that's not true for you.

This won't work because it will probably make you feel more negative than positive. What you would have to start with instead is, some parts of your body that you do like or maybe something like, "I respect this one body that I have to live in, and I want to nourish it with the food that I eat".

Aim to create good feelings out of your affirmations

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You can also use affirming statements as reminders for the small goals and intentions you want to set in your life.

Eg. "As I breathe in, I become aware of this moment, as I breathe out I am present in this moment".

Eg. "I am doing my best and my best is good enough"

Eg. "Today I strive to be calm even in the midst of chaos"

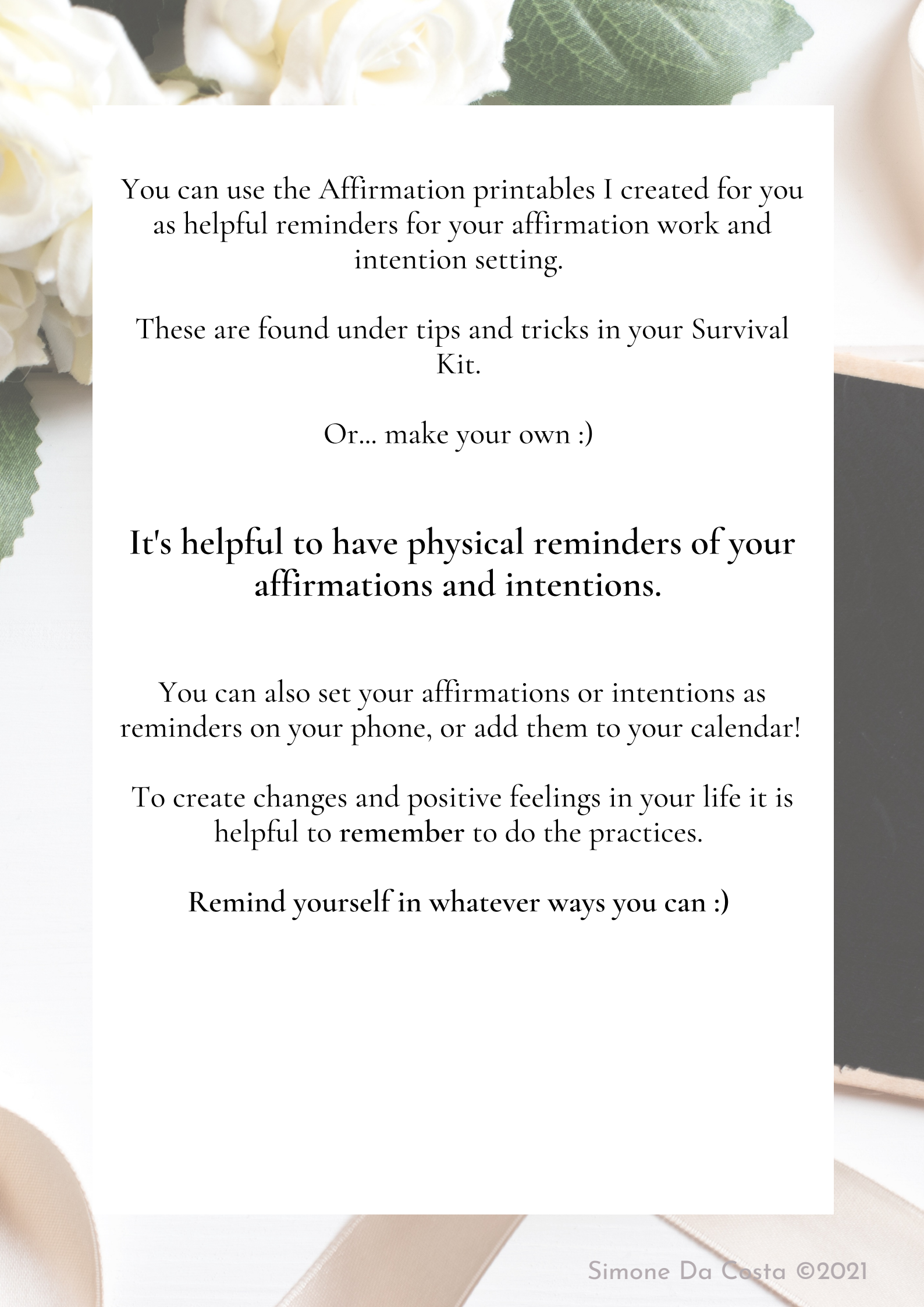
Eg. "I choose to make healthy choices for my body and mind".

Eg. "I am learning to accept myself as I am".

Eg. "I am growing in self compassion and self acceptance".

Eg. "I try to be as patient and understanding as I can"

Eg. "I choose self care and self respect". I appreciate my body and all it does for me",

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You can use the Affirmation printables I created for you as helpful reminders for your affirmation work and intention setting.

These are found under tips and tricks in your Survival Kit.

Or... make your own :)

It's helpful to have physical reminders of your affirmations and intentions.

You can also set your affirmations or intentions as reminders on your phone, or add them to your calendar!

To create changes and positive feelings in your life it is helpful to remember to do the practices.

Remind yourself in whatever ways you can :)