

Wellbeing Wednesday



ISSUE 21: Positive Affirmations

What is an Affirmation?

An affirmation is usually a sentence, a sentence of powerful words put together, like a positive statement, and this sentence is aimed to tap into your conscious and unconscious mind to motivate you, to challenge you, to push you to reach your full potential in life.

We all have negative and unhealthy thoughts about ourselves and how we live our lives at times, which is completely normal, affirmations when spoken or chanted to ourselves have the power to change the way think and act in our lives in a positive way, they can change our emotions, alter our behaviours and reassess our beliefs. Ultimately, they can help us to achieve our goals in life and achieve greatness.

Benefits of using positive Affirmations

- Decrease health-deteriorating stress
 - Reduce anxiety
 - Improve mood
- Enhance self esteem
- May change outcomes

