

Life Skills - Positivity

The Art of Using Affirmations

WALT: understand what negative self talk is
and how it affects me

Success Criteria:

I can:

- recall examples negative self talk
- describe how to use of affirmations
- explain how to correct negative self talk by the effective use of affirmations

What negative things might we think about ourselves?



- I don't like myself
- I don't have any friends
- I'm ugly
- I hate myself
- "I can't do it"
- "I'm no good at anything"
- I can't draw
- I am rubbish at maths
- My handwriting is rubbish

Turn the negatives into positive affirmations



For instance:

- 'I like myself'
- 'I have friends'
- 'I'm pretty'
- 'I deserve to be loved'
- 'I love myself'

The Art of Using Affirmations to Create The Life You Really Want

Identify even more uplifting alternative affirmations to those above:

For instance:

- 'I like myself more and more each day'
- 'I always have healthy, positive friends who are good for me and supportive'
- 'I love myself more and more each day.'
- 'The more I love myself, the more loving I become.'

The Art of Using Affirmations

- The brain can only deal with one thought at a time, negative or positive.
- Which will you choose?



"If you think you can, you're right! If you think you can't, you're right!"
Henry Ford

- Our mind will believe whatever we keep telling it.
- In order for us to change from a negative mindset to a positive mindset, we need to re-train our mind and feed it with lots of affirmations/positive self talk, over and over again.

Task: Write 10 affirmations to create a positive mindset

Remember

Affirmations are created by using the 3P's:

- Affirmations must be Positive
- Affirmations must be in the Present Tense
- The affirmation must be in the First Person, i.e. 'I'