

THE POWER OF AFFIRMATIONS

**SELF TALK  
GUIDE**

*the* **OMNI***fit*

# Self-Talk

## The Power of Affirmations and Positive Statements

Daily affirmations are to the mind what exercise is to the body.

Most people repeat in their minds negative words and statements concerning the situations and events in their lives, and consequently, create undesirable situations. Words work both ways, to build or destroy. It is the way we use them that determines whether they are going to bring good or harm.

Repeating positive statements helps you focus your mind on your goal. They also create corresponding mental images in the conscious mind, which affect the subconscious mind accordingly.

Below, you will see 3 categories we've chosen to focus on:

1. Self-worth
2. Relationships
3. Achievement

We chose these very carefully as they are the MOST COMMON areas of life that are being impacted by negative self-talk

Each Self-talk category will have an example affirmation statement for you, but we included a word bank guide to help you choose words and phrases that are best suited for YOUR unique needs and goals.

# Self-Talk

## A Few Tips To Maximize Your Experience:

### 1. Choose positive affirmations that are not too long.

We've done this for you below by selecting 3 categories of focus and giving a sample statement for each category, but we recommend that you use the word bank guide to personalize this exercise to fit YOUR unique needs and goals.

### 2. Repeat them often, when you are not busy with something that requires attention.

It could be while traveling in a bus or a train, waiting in line, walking, etc. At the very least, we recommend repeating them first thing in the morning and at night before bed.

### 3. Be as relaxed as you can while repeating the sentence or sentences you have chosen.

This takes time so don't avoid it just because life is busy. You don't have to say them all at once. As you reflect on the statements, you will connect with certain ones. Choose that one to repeat this week and add in the other's if you have the time and energy!

### 4. Believe what you're repeating.

This is the hardest part, but the absolute most important. It's NORMAL for the statements to feel "fake" or like you're not talking about yourself. Continue to practice. Affirmations speak to our subconscious, reprogramming the limiting self-beliefs. The power is in consistency and repetition.

# Self-Talk

## Self-Worth

### Affirmation statement example:

I am *disciplined, valuable, confident* and *in control of my emotions*.

These are the qualities which enable me to be the best version of myself in a culture that challenges my self-worth.

### Word Bank

honest, intelligent, organized, responsible, committed, teachable, optimistic, punctual, enthusiastic, disciplined, focused, dependable, a persistent positive thinker with great self-control, in control of my decisions, I choose to take joy in my choices, my life is filled with peace, in control of my emotions, strong, powerful, confident, enough, valuable, loyal

### Affirmation statement template:

I am a(n) \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

These are the qualities which enable me to be the best version of myself in a culture that challenges my self-worth.

(pick as many as you'd like or change it each day!)

# Self-Talk

## Relationships

### Affirmation statement example:

I am *considerate, patient, giving, forgiving* and *compassionate*.

These are the qualities which enable me to build healthy relationships with my friends, significant other and my family, including my children.

### Word Bank

supportive, dependable, giving, forgiving, clean, kind, unselfish, thoughtful, affectionate, loving, family-oriented, compassionate, respectful, an encourager, considerate, generous, gentle, patient, caring, sensitive, personable, attentive, honest, confident, trustworthy, unique, a good communicator, gentle, kind, sincere

### Affirmation statement template:

I am a(n) \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

These are the qualities which enable me to build healthy relationships with my friends, significant other and my family, including my children.

(pick as many as you'd like or change it each day!)

# Self-Talk

## Achievement

### Affirmation statement example:

I am *the master of my thoughts, motivated, tenacious* and *driven*.

These are the qualities which enable me to be successful regardless of what circumstances I may face.

### Word Bank

thrifty with my resources and apply common sense to my daily tasks, motivated, driven, ambitious, decisive, confident, take action, the creator of my reality, the master of my thoughts, worthy, tenacious, dependable, humble, positive, caring, generous, have high integrity, flexible, a master of my time, a strong communicator, punctual, excited about life, prepared, energetic, finish what I start, take responsibility, respectful, have a vision, a leader

### Affirmation statement template:

I am a(n) \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

These are the qualities which enable me to be successful regardless of what circumstances I may face.

(pick as many as you'd like or change it each day!)

# Self-Talk

## Daily Intentions

### 1. Purpose of Daily Intentions

The purpose of this exercise is to set the tone for your day by expressing gratitude, taking note of what you are learning and record your affirmations. Pen to paper is POWERFUL!

### 2. Print The Page

You can either print the page to use it daily OR grab a blank notebook and write them out yourself.

### 3. Be Consistent

Aim to do this DAILY first thing in the morning. The benefit comes from the consistency of the practice.

### 4. Share

Many times this practice is private, but we want to encourage you to share your intentions with those close to you. This is a fantastic opportunity for accountability and to encourage others with the same practice.

### 5. To Do

This section is to help you make intentional progress on tasks that will further your success. During the week, these might be work related vs on the weekend they might be more task related to the home. Whatever you choose, prioritize the top 3 things that will move you closer to what you're trying to accomplish.

# Self-Talk

## Daily Intensions

**Gratitude: I am grateful for...**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Personal Development: I am learning...**

**Positive Affirmations: I am...**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Top 3 to Do:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_