

C5 Activity #2:

What affirmation could help me?

Affirmation Action Plan

Directions: Follow the three steps below to create and use a helpful affirmation in your life.

Step 1: Choose either 1 or 2 listed below and **describe what you are trying to create** in your life. Write your response in the space below or on a separate piece of paper.

1. The **positive** event, behavior, attitude or trait I want to **encourage** is...
E.g. I want to be patient and calm when my Mother repeatedly asks the same question.
2. The **negative** event, behavior, attitude or trait I want to **eliminate** is...
E.g. I don't want to blow up and argue when talking with my siblings about Mom's needs.

Step 2: Using the five guidelines listed below, **create the affirmation** as if it already part of your life. Record your affirmation by completing this sentence: "My affirmation is..."

1. Use **first-person**: Start the affirmation with "I".
2. Use **present-tense**: Select words that say it is already true, a reality you are experiencing now, not something you wish to have or hope for in the future.
3. Use **positive** words: Generate upbeat feelings within yourself.
4. Use **vivid** words: Paint a clear picture that you can see, feel, and hear.
5. Use **realistic** images: Choose hopeful, positive pictures that seem right for you.

E.g. I am patient when Mom asks the same questions over and over. Because I love her, I answer calmly and accept that she is doing the best she can.

E.g. I discuss Mom's needs calmly, respectfully and assertively. I am comfortable with the outcome of our discussion.

Step 3: Select **ways to remind** you of your affirmation.

- Regularly repeat the affirmation aloud or silently each morning when you rise, or each evening when you go to bed.
- Write your affirmation on top of your to-do list, on post-it notes or 3x5 cards that you place in prominent places.