



BOUNCE BACK™ : POSITIVE AFFIRMATIONS

promoting health through happiness

What are Positive Affirmations?

Positive affirmations are intentional, encouraging self-statements that help disrupt negative thought patterns, build self-compassion, and motivate growth. Repeating affirmations helps create new neural pathways, reinforcing positive thinking and shaping your actions over time.

Benefits of Daily Practice

- ✓ Increases self-worth & independence
- ✓ Reduces self-criticism & defensiveness
- ✓ Boosts compassion and empathy
- ✓ Helps overcome negative stereotypes

4 Steps to create your Positive Affirmation

1. Choose a Positive Affirmation that is meaningful to you

- Root your Positive Affirmation to an internal value such as kindness, confidence, or resilience
- Reflect on what you want to grow in yourself
- Use role models as inspiration
Example: “I am learning to trust myself.”

Tip: Affirmations based on internal resources are shown to improve self-esteem up to 50% more than those based on external factors (Rader et al., 2024).

2. Develop a practice.

- Practice feels awkward at first – stick with it!
- Say your affirmation 3x each day
- Use reminders: sticky notes, phone alarms, etc
Example: Say, “I am learning to trust myself,” every time I brush my teeth

3. Turn down the volume on your negative voice.

- When self-doubt appears, remind yourself: That voice doesn’t get the mic.
- Reframe negative thoughts into positive ones:
 - “I’m not good at this” → “I’m learning and improving.”
 - “I could never wear that” → “I have my own style.”

4. Turn positive thought into action

- Pair your affirmation with behavior:
 - “I am a kind person” → Hold the door open
 - “I am smart” → Study or learn something new
 - “I can do great things” → Volunteer in your community

Affirmations are more than words—they’re a daily choice to be kind to yourself and grow into the person you want to be.