

Master the
Affirming Statements
technique



Affirming Statements

Is it all a little pointless?

Let's talk about repetition, again...

So... why are you doing it?

Because of what this technique does in your brain.

We've learned on Mygrow that **"cells that fire together, wire together."** Put simply, this means: repeating your positive values everyday helps build new good roads (neural pathways) in your brain.



**Respectful
to others**

These good roads carry good messages which make you feel good, not bad. They are healthy roads which help you travel to a healthy view of yourself and your life.

So remember, while you're repeating your positive values, your brain is learning what you're teaching it! And then it starts to rebuild YOU! A positive you.

Take a look...

Compassion: I am a compassionate person.

Respect: I am respectful to others, especially to those who are different.

Parenthood: I am a caring parent.

Leadership: I am a patient and empowering leader.

Tenacity: I am tenacious and don't give up easily.

Where is the chocolate?

Let's find the proof

It's so easy to see our own flaws and failings. We're wired that way. But the GOOD things ARE there, they're just a bit harder to recognise if we aren't looking for them. It's like the chocolate bits in your cereal – when you're looking for them, they're easier to notice, and quicker to find!

So, why is it helpful to note how your Affirming Statement has stood out to you today? And ... how you felt about it?

Because your VALUES are REAL things that MATTER – in YOUR life and in YOU!

Repeating your Affirming Statements helps you remember what is TRUE about yourself – the “chocolate bits” – in who you are. That's why repeating your Affirming Statements helps you to:

- Believe in your own “chocolate bits.”
- See your “chocolate bits” in action, or see their impact.
- Reflect on the GOOD feelings that result.
- Stew in the reality of the TRUTH of who you are.



Let's take a look at these 5 examples to help you along:

Compassion: I am a compassionate person.

How did this statement stand out for you today and how do you feel about it?

“I had a moment at work this morning where I felt frustrated with a colleague who's been sick frequently (though genuinely) and it's meant I've had to carry a little more than usual. But then I reminded myself of how we work as a team, and how committed she is, and I sent her a message to encourage her and to say I was thinking of her. This made me feel more content. Just reminding myself of this value helps me live it out when it's tough at times.”

Respect: I am respectful to others, especially to those who are different to me.

How did this statement stand out for you today and how do you feel about it?

“I had a really great interaction with my boss today. We were able to work through a process challenge that's had multiple hitches and been fairly stressful. However, we both maintained respectful conversation throughout problem solving and even while critiquing each other's ideas. It's really helpful to be reminded of the impact that my respect can have, in my life and the lives of those around me. I also appreciate knowing that my attitude contributed to the success of the process.”

Parenthood: I am a caring parent.

How did this statement stand out for you today and how do you feel about it?

"This morning was my son's first day at big school and he was so nervous!! It was so hard for me to see him feeling anxious but I also believe in him and really feel he'll have fun. I talked him through what he could expect and encouraged him by telling him that he's brave and it's ok if he feels nervous. I felt so proud as I watched him go inside and know that even though I feel like I miss it often as a parent, this is an area I really thrive in."

Leadership: I am a patient leader.

How did this statement stand out for you today and how do you feel about it?

"I took time out today to talk my team through a few elements they've been struggling with. I had been getting irritated at the pace we were moving at but in looking at my values again I reminded myself that I show who I am through my actions and I really want patience to stand out in my life. I spent the morning making sure they felt more comfortable and I answered all their questions after listening carefully to their concerns. It's hard feeling slowed down now but I know my patience in the short term will help us all cope better in the long term, I also appreciate this version of myself more than the irritated version."

Tenacity: I am tenacious and don't give up easily.

"I was looking through my different values and thinking which one stood out to me today. I remembered how last week my car broke down for the third time this month, but how I didn't give up on believing I could fix it myself. Fixing things myself is something I'm really passionate about. I finally found the problem in the carburettor and I'm really proud of myself for not giving up."

Good luck as you keep practicing these affirming statements again and again and again.

Keep looking for the "chocolate bits!"

