

this week's nook activity is here!

CREATE YOUR OWN *affirmation*



Stop by OHP (Sayles 162) to pick up a step-by-step guide on how to make an affirmation that is unique to you!

WHAT IS AN *affirmation*

and why is it important?

An affirmation is a statement or phrase used to **challenge negative or unhelpful thoughts.**

There is a system in your brain called the "**default mode network**" that is responsible for **self-reflection and self-judgement.**

Repeating words or phrases disrupts this system and can aid in the **manifestation of personal contentment.**

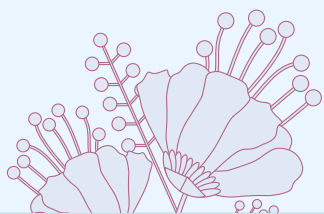
How to Create Your Own Personal Mantra. (2016, June 23). Retrieved from <https://www.oprah.com/inspiration/how-to-create-your-own-personal-mantra> Wei, M. (2015, August 14).

How Mantras Calm Your Mind. Retrieved from <https://www.psychologytoday.com/us/blog/urban-survival/201508/how-mantras-calm-your-mind>

Moore, C. (2021, March 16). Positive Daily Affirmations: Is There Science Behind It? Retrieved from <https://positivepsychology.com/daily-affirmations/>

How to create your own

affirmation



step 1.

What is your affirmation about?

Start by journaling or meditating on what and how you are feeling.

step 2.

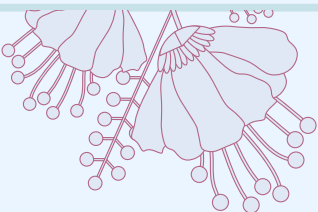
Find your keywords.

If you chose to journal, circle any words that stick out to you. If you thought about it or meditated on it, reflect on the common themes that you noticed.

step 3.

Piece it together!

You can use affirmation starters like "I am" or "I feel," or you can do your own thing! Make sure you use positive-action language: instead of saying "I won't" say "I will!"



Play around with it! Grab a "my affirmation" card and write yours down when you're ready.

Feeling stuck? Look at the back of the card for some inspiration!



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