

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #20: HIDE NOTES OF POSITIVE AFFIRMATION



What are positive affirmations? Positive affirmations are sayings that state what a person wants to become or what a person wants their situation to become.

Positive affirmations are a way of reprogramming your brain so that it is focused on a goal or on the positives in your life instead of the negatives or obstacles in your way. Many successful people like Oprah Winfrey, Jim Carrey, and Denzel Washington are believers in the power of affirmations. These short statements are also a way of practicing compassion towards yourself and others.

Compassion is when one understands how a person feels and takes steps to alleviate their suffering. Using positive affirmations is a way of acknowledging your own emotions and alleviating it through positive statements meant to help you overcome obstacles.

Practice Compassion Today:



1. GRAB SOME POST-ITS AND A PEN.
2. RESEARCH OR CREATE POSITIVE AFFIRMATIONS E.G. 'I AM LOVED' OR 'I AM BRAVE'.
3. WRITE THESE DIFFERENT POSITIVE AFFIRMATIONS ON EACH POST-IT.
4. WALK AROUND YOUR HOME AND HIDE THESE NOTES IN DIFFERENT PLACES FOR YOU OR OTHERS TO FIND.
5. WAIT FOR THE POSITIVITY TO SPREAD AS OTHERS DISCOVER OR YOU RE-DISCOVER THESE AFFIRMATIONS.

Parent Practice Tip:

Affirmations are an easy way to bring positivity to your lives and can be written or spoken. Beginning your day with a simple affirmation like 'I will achieve another step towards my goals' can help start your day on the right foot.

To Learn More:

WHAT IS COMPASSION?

POSITIVE AFFIRMATIONS FOR KIDS

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