

Affirming Thoughts

General Affirmations script

Instructions

Guided by the content as described online, read the following instructions to lead this simple mindfulness exercise.

Here's a suggested script you can follow and adapt as required:

- Once you are seated comfortably, take these next few seconds to relax.
- Close your eyes.
- Let us take a few deep breaths to relax and shift your attention to the present moment.
- Let go of any worries about the past or future.
- For a moment, let us think about some negative thoughts that we tend to have about ourselves. What are some common doubts or fears you have? Maybe someone around you speaks negatively to you— have any of those comments stuck with you?
- Now, I want you to support those negative thoughts with positive affirmations. Take each thought and write down an affirmation that empowers you and reassures you that you are worthy, loved, and strong (or anything else you need to hear).
- Write down these affirmations on your paper and read them to yourself a few times. You don't need to read them out loud.
- Remember that affirmations are positive statements about yourself that you say are true. They should always start with "I" and should never use words such as "not."
- Your affirmations should also be in the present tense, the now.
- When you finish writing, fold up your paper and put it into the bowl.
[allow some moments to pass for your group to be ready]
- Now, each of you may pick a slip of paper from the bowl and read it out loud to the group. Remember, there is no judgement here.
- Let us take some time for reflection and discussion.

Source

This guided mindfulness activity was inspired by Lisa Hughes and the [Affirmations Worksheet](#) by RootedWellness.