

## **Affirming Thoughts**

### **My Strengths 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.
- 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.
- For a moment, let us think of some weaknesses that we think we may have.
- Whether it is our own self-doubt or others putting us down, what are some comments that are present in our subconscious or conscious mind?
- What insecurities do you have?
- Now, let us turn those weaknesses into positive affirmations. Take these negative thoughts and write down a strength instead.
- What are you good at, what is good in your present life?
- What affirmations speak to you and these strengths?
- What we speak, we attract. To this end, we must fill our words with positivity and self-love instead of hate and negativity.
- 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.