

# Positive Affirmations

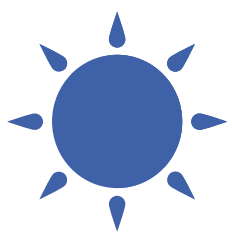
## WHAT IS A POSITIVE AFFIRMATION?

Positive affirmations are positive phrases or statements used to challenge self-defeating beliefs and promote behavioural change.<sup>1,2,5-7</sup>. In addition, practicing acceptance has been shown to increase individuals' quality of life.<sup>1,3-5,8</sup>.



You can practice acceptance by **saying these affirmations out loud, writing them down, or reading them as a daily reminder**. With repeated use, they can help re-shape your thought patterns in a positive way.

## TIPS TO INTEGRATE AFFIRMATIONS INTO YOUR LIFE:



Start each day with a positive affirmation



Partner up with a friend to send each other a daily positive statement




Put on an alarm reminder during the day to briefly stop and practice a positive affirmation



Set an expectation for your day and revisit it at the end of your day

## EXAMPLE OF AN ACCEPTANCE AFFIRMATION

**May I find the serenity**  
**To accept the things I cannot change;**  
**The courage to change the things I can;**  
**And the wisdom to know the difference**  
  
**Grant me patience with the changes that take time**  
**Appreciation of those with different struggles**  
**And the strength to get up and try again**  
**One day at a time**

## RESOURCES FOR ADDITIONAL PRACTICE



**SelfPause** is a **free** mobile app containing thousands of positive affirmations and a feature which allows you to record your own!

**Insight Timer** is a **free** mobile app containing a variety of affirmation meditations which are largely grounded in mindfulness.



Visit [this Positive Psychology webpage](#) for more on the **research** behind positive affirmations, as well as for diverse examples of affirmations such as:

- **Everyday positive affirmations for students**
  - **Positive affirmations to help relieve anxiety**
  - **Positive affirmations to help build self-esteem**
  - **Using positive affirmations at work**
- ...and many more!



For a **complete list of references** check out the Reference List page at [www.engineeringresilience.ca](http://www.engineeringresilience.ca)

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