



Creating Affirmations for a More Positive Mind



2020 has taught us that a strong mindset is needed to be resilient to the ups and downs of life.

We have learnt that if we have the ability to think positively you can handle difficult situations and life becomes easier.

External forces are beyond our control, but what we do have control over is how we deal with situations and events that try to knock us off guard.

Feeling positive and well-balanced makes it easier to focus our energy where we want to, and is key to increasing well-being, productivity and even career success.

The problem you might have is that your inner dialogue is affecting how you feel and could be preventing you from thinking positively.

The way you respond to news and changes in your daily life can be heavily influenced by your self-talk.

For example, you could be in the habit of using statements like 'I'll never get that right', 'I'm an idiot' or 'This always happens to me' or 'My situation will never change'.

By repeating these statements – either to yourself or out loud – you are affirming these facts to be true and for them never change.

Did you know that every thought you think and every word you speak is an affirmation?



All of our self-talk, our internal dialogue, is a stream of affirmations.

You're using affirmations every moment whether you know it or not. You're affirming and creating your life experiences with every word and thought.

If you want to change your life, you have to retrain your thinking and speaking into positive patterns – and it's easier than you think.

In this workshop participants will learn:

- The scientific reason why the language we use affects how we feel
- How to train your brain to think differently and break the negative self-talk habit
- The benefit of saying positive affirmations and how they can support personal growth
- How to create personal and powerful affirmations to change thinking and make significant, positive shifts in life.

Participants will leave this workshop with a greater understanding of how they can easily change self-talk habits to think more positively, and powerful mindset tools for improved emotional wellbeing.

