

Day Nineteen

CLD ADVENT CALENDAR

10 AFFIRMATIONS TO HELP YOU RELAX DURING THE FESTIVE SEASON

Happy 19th of December!

Only a few more days until Christmas, and today we want to address another important mindset exercise that will hopefully help you to become a better version of yourself: Affirmations.

Affirmations are positive statements that you repeat to yourself to encourage a positive mindset and promote a more optimistic outlook on life. The idea is that by consistently affirming positive beliefs, you can reshape your thinking patterns and ultimately influence your behavior and experiences.

Here's how affirmations work and how they can be beneficial:

- 1. Positive Reinforcement:** Affirmations serve as a form of positive reinforcement. By repeating positive statements about yourself, you reinforce positive beliefs and self-worth.
- 2. Mindset Shift:** Affirmations can help shift your mindset from a negative or self-critical one to a more positive and empowering perspective.
- 3. Building Confidence:** Affirmations can boost confidence and self-esteem.
- 4. Focus on Goals:** Affirmations can be tailored to specific goals. By repeating positive statements related to your goals, you can maintain focus and motivation.
- 5. Stress Reduction:** Positive affirmations can contribute to stress reduction.
- 6. Self-Compassion:** Affirmations often involve self-compassion and self-love. By expressing kindness and understanding towards yourself through positive statements, you can foster a healthier relationship with yourself.

Incorporating affirmations into a daily routine can create a positive ritual. Whether done in the morning, before bedtime, or throughout the day, affirmations can become a habit that reinforces positive thinking.



INHALE - EXHALE

I am good the way I am.



INHALE - EXHALE

I radiate *kindness and generosity.*



INHALE - EXHALE

2024 will be a *fresh start.*



INHALE – EXHALE

I can ask others for *help*.



INHALE – EXHALE

The next year will be filled *with joy.*



INHALE - EXHALE

I am *giving and receiving love*
this Christmas.



INHALE – EXHALE

I surround myself with *positive people*



INHALE - EXHALE

I am *enough.*



INHALE – EXHALE

I choose *peace*
over any negativity.



INHALE – EXHALE

If I run out of energy,
then I can take a *break*.