



POSITIVE AFFIRMATIONS

REALISE YOUR QUALITIES, SKILLS, AND
WHAT YOU HAVE TO OFFER
THE WORLD.

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POSITIVE AFFIRMATIONS

A note from your coach...

How many times has your filter system kicked in whereby you have only noticed the ONE negative comment made by a friend, colleague, boss from a list that included numerous positive comments? How many times have you HEARD a positive comment and only treated it at face value without fully digesting, exploring, and appreciating what that says about you?

By allowing ourselves to appreciate who we are, what we represent, and what our values are to both ourselves and others, we can start to become the person we truly are as opposed to the version we perceive ourselves to be.

Positive affirmations are statements that, essentially, are the opposite to negative self-talk. A positive affirmation will not include words with a negative association such as "don't", "can't", and "won't" and will include words such as "can", "able", and are in the present tense.

By regularly documenting positive affirmations in both written and spoken word format, we can re-wire our brains (neuro-plasticity) and break our negative thought patterns. The consequences are that we start to believe in our own potential.

e.g. "I am confident when meeting new people."

Set yourself a target to write down a positive affirmation every day for 28-days. This can be absolutely anything from what you feel about yourself, new beliefs you want to create, to gratitude for your life achievements. We've got you started by adding our favourite affirmation to your calendar for day one.

"It's possible, I can do it, I deserve it!"

<i>week</i>	MON	TUES	WED	THURS	FRI	SAT	SUN
1	<i>It's possible, I can do it, I deserve it!</i>						
2							
3							
4							

Now, take an opportunity to document the positive impact your daily affirmations have had on you.

WHAT DO THESE AFFIRMATIONS SAY ABOUT YOU?

WHAT HAVE YOU NOTICED THAT PERHAPS YOU HAVEN'T NOTICED BEFORE?

Connect with the reasons you will continue to make positive affirmations daily.

WHAT ARE YOUR KEY STRENGTHS THAT YOU HAVEN'T NOTICED BEFORE?

IF SOMEONE YOU RESPECTED HAD COMPLETED THIS CALENDAR AND SHOWED IT TO YOU, WHAT WOULD YOU THINK?



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