



# Mindset: Affirmations

Our self-talk impacts how we view ourselves. When we practice speaking kindly to ourselves, we strengthen our mindsets and improve our ability to overcome challenges.



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In the space below, reflect on the general tone of your self-talk. How do you respond to the challenges you face day-to-day?

What are affirmations? Short, empowering statements you can say to yourself or post places where you will see them regularly. Sometimes people don't resonate with affirmations because they feel hollow. The important thing is to make them authentic to who you are. They don't need to feel fake or cheesy and they don't need to be well-known. Make it something that is personally meaningful and is powerful in encouraging you.

## Creating Affirmations for You

In the three spaces below, write affirmations that resonate with you. Using scissors, cut them out and decide where to put them. Say these affirmations to yourself when you see them for a week and notice how it affects your inner monologue.

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## Creating Meaning from Affirmations

In the space below, write about the affirmations you came up with today. What about them resonated with you? Explain why you need/want to hear and see those words.

