



# The power of **positive affirmations**

## **"Good job!"**

It's a phrase we say to and hear from kids, colleagues and even ourselves over and over. While it's a simple phrase, its positive effect goes a long way. We all need to feel valued, seen and appreciated.<sup>1</sup>

Since your primary relationship is with yourself, it would seem natural that you are your best friend and biggest cheerleader. However, that's not always the case. We all have self-doubt and moments of negativity that emerge in our internal monologues or the little voices in our heads.

## Change the conversation

The negative noise in your head can drown out positive things if you let it. Remaking your relationship with yourself is possible with effort. By doing things like increasing your self-awareness, reducing stress and anxiety levels, and working to stay present, the conversation can evolve.<sup>2</sup> One of the easiest ways to make change is to regularly recite a positive, affirming phrase.



## Find your phrase

Find an affirmation or mantra that works for you. Choose words of encouragement that resonate. Tell yourself things you want to hear. Acknowledge your strengths. Choose words that help you reach your goals. Talk to your soul.



Say your phrase first thing in the morning. Say it before you go to bed. Say it when you're feeling stressed. Write it on a sticky note and put it on your bathroom mirror, in your car or above your desk at work. Seeing a positive reminder directed only to you will help make you feel good about yourself and your life. Positive words bring positive feelings and improved self-image.<sup>3</sup>

Allow yourself to choose a new phrase with each ebb and flow of your life. Choose one of the affirmations on the next page or make up one of your own.

**By harnessing the power of positive affirmations, you can give yourself the support to do anything you set out to do.**

Learn how Livongo can help support you on your wellness journey. To sign up or learn more, go to [Go.Livongo.com](https://Go.Livongo.com).

<sup>1</sup><https://www.psychologytoday.com/us/blog/lifetime-connections/202211/do-you-feel-appreciated-your-partner#:~:text=When%20someone%20makes%20us%20feel,for%20the%20things%20we%20do>

<sup>2</sup><https://www.psychologytoday.com/us/blog/gaining-and-sustaining/202405/strengthening-your-relationship-with-yourself>

<sup>3</sup><https://www.psychologytoday.com/us/blog/click-here-for-happiness/202105/a-guide-to-affirmations-and-how-to-use-them>

Choose your favorite affirmation, cut it out and put it somewhere you can see it every day!



**I am grateful for  
what I can do.**

**I give myself room  
to make mistakes  
and grow.**

**I trust myself.**

**I give myself  
permission to  
be who I am.**

**I am allowed  
to have needs.**

**I have value.**

**I am worthy  
of love and  
happiness.**

**I deserve to take  
time for what  
brings me joy.**

**I am strong in mind,  
body and spirit.**