

MINDSET - Week 3 Activity

September 2022

Affirmation Activity:

For this activity you can focus on one thought you are looking to counteract, or you can brainstorm a number of different repetitive thoughts. What **NEGATIVE BELIEFS** to you commonly think to yourself (or even say out loud) about yourself, your capabilities, your confidence, or anything else that holds you back?

For each negative belief, write a **NEW** phrase that is positive and empowering, using the guidelines above. Ask yourself, what would counteract the negative thought—nullify it? What would be the opposite? What do you **WANT** to think or believe in this situation?

Common Negative Belief

New, Positive Belief

Repeat this affirmative statement at least 3 times a day (5 to 10 times each session). Consider posting it on your mirror, computer or nightstand where you can see it regularly.