

One Week of Daily Affirmations

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Self-Love is an ongoing process. I find that if you're just starting the process, the easiest way is to fake it until you make it. It may seem a little silly, but one way to do that is through daily affirmations. There's a reason people do it! Telling yourself how great you are, especially if you don't believe it, can feel a little strange. However, there is actually science behind it! When you consistently do daily affirmations, it changes how we process information about ourselves. Furthermore, daily affirmation causes self-affirmation, meaning a more concrete sense of self. This can lead to less stress, more confidence, and help us to be more grounded and less defensive. Therefore, something as simple as telling yourself that you're choosing happiness can have an ongoing positive effect on your well-being!

Still unsure? I'm going to give you a week of daily affirmations! Give it a shot. At the end of the week you'll either feel exactly the same, so no harm done, or you'll like yourself just a little more. This commitment will take no more than ten minutes a day, meaning it's just about an hour commitment throughout the whole week. Imagine if you committed an hour of your time weekly, and due to it you were a stronger, happier person? Let's do it together.

Sunday

Good Morning, Beautiful! Take ten minutes out of your morning to take a few deep breaths. Look in the mirror and say the following words.

"I am enough. I do not need to be more than I am now in order to be worth something. I am worthy exactly as I am. I do not need to change anything about myself in order to be happy."

Monday

Happy start of the week! I believe in you! It's amazing that you're taking the time to do this. Look at yourself in the mirror (don't forget to be kind) and say the following words.

"I am going to live in the present today. I trust myself and trust my judgement. I choose to be grounded, and to actively participate in the day."

Tuesday

Happy Tuesday! I am proud of you! Let's put ten minutes aside this morning to love ourselves. Look at yourself in the mirror and say the following words:

"I deserve to feel safe in my own body. I am worthy of love and confidence. I accept myself the way that I am. I am grateful to be living in this body. My body is all that I'm going to get, and it deserves to be treated with love."

If you're feeling like doing some extra credit today, peep in the mirror a few times throughout the day and give yourself some specific compliments. What do you like about yourself? Is your hair full and gorgeous? Do you have kind eyes? Do you love your skin? Your belly? Your shoulders? Give yourself some love. Find something to fall in love with.

Wednesday

Happy Wednesday! You have made it halfway through the week which is absolutely amazing! Take some time for yourself today! Look into the mirror and say:

"I am brave. I am strong. I am capable. I am calm. I will follow through on the commitments I have made to myself today. I can do that."

Thursday

Happy Thursday! Take note of how you're feeling today. Do you feel more awake than you did last week? Do you feel more upbeat? Do you feel a little bit happier? How have these affirmations been for you so far?

When you're ready, look into the mirror and say:

"I am committed to myself. I embrace myself, and will put the best 'me' forward. Today can be anything that I want it to be. I choose happiness and positivity."

Friday

Thank gosh it's Friday! Welcome to the end of your week. If you have made it this far making daily affirmations, that is so amazing. It's hard to commit to your own mental health and it's a huge deal that you've made this commitment! Look in the mirror and say after me:

"Today is full of opportunities. I am present and playful. I am excited to love myself today. Taking care of myself makes me a more grounded person. I am going to have a good day, and I am in control of my own reactions."

If you want a little bit of extra credit for the day, I think the best thing to do would be to peep in the mirror a few times a day and say

"You're doing great! You've been doing this all week! I am proud of you!"

Saturday

Wow! You did it, this is your last day of daily affirmations. Take some time to reflect. Notice if your body feels different, or if your head is clearer. Notice your happiness level and your

confidence level. Obviously, one week of affirmations isn't going to change your life. However, it may have caused some improvement in your day and in your confidence!

When you're feeling ready, look in the mirror and say:

"I am a strong, capable person. I made it through this commitment, and I can make it through anything. I am lovable and worthy. I do not have to change anything to be considered worthy of love. I am proud of myself for making this commitment, and proud of myself for following through."

You did it! You made it through an entire week of daily affirmations. I am so proud of you. If this was helpful, use these again! Daily affirmations do not become less efficient with repetition. If this is something you want to invest in long-term, there are so many tools for daily affirmations that are easily accessible, and can help you find a calmer, happier sense of self!

Let me know if these affirmations were helpful for you, and if you commit to daily affirmations long-term!