

*Tips for creating positive affirmations:*

*Make statements in the positive*

*Use present tense or a specific goal date*

*Keep statement simple*

*Statements can be paired with images*

*Tips for using positive affirmations:*

*Use repetition*

*Remember your affirmation whenever you think about the problem that you are trying to address*

*Once or twice a week or more, focus on your affirmation when you are in a relaxed state*