

AFFIRMATION SCRIPTS –The idea behind an ‘affirmation script’ is to write a list of positive affirmations that alleviate your worries and then to record yourself saying the positive statements out loud.

By listening to this ‘affirmation script’ daily you are re-programming your subconscious with positive beliefs and expectations. You need to be diligent in listening to the script every day as it takes time to cultivate a positive mind frame. You need to build it up in the same way you would train a muscle.

HOW TO CHOOSE THE AFFIRMATIONS

Think about the type of things that cause you to worry or become stressed. Write these worries down in full sentences (e.g., “I am worried about the presentation I have to give in work. I’m afraid of making a mistake and making a fool out of myself in front of the group”). Then rewrite these sentences as if the opposite was true and really exaggerate the positive emphasis. Choose words like ‘excellent’ instead of ‘good’ and remember that there is no such thing as being cocky or too confident when it comes to affirmations.

AFFIRMATION WORKSHEET

■ Steps to writing and recording an effective affirmation script

- 1 - Create affirmation statements that are consistent with your goal (i.e., the opposite of your worried thoughts)
- 2 - Compile these statements into a ‘script’
- 3 - Record yourself reading out the script onto your phone or other audio recording device
- 4 - Listen to the script daily
- 5 - Track your progress

■ Step 1. Creating the Affirmations

Write down as many of your worries/fears as possible in full sentences in the left hand column. In the right hand column write the same statement as if the exact opposite was true. Use exaggerated positive language here.

WORRIES / FEARS

1. Public speaking makes me so nervous.
2. I'm afraid I will make a fool out of myself in my upcoming presentation.

POSITIVE EXPECTATIONS

1. I am an expert in public speaking. I love the thrill of talking in front of a crowd.
2. I am excited about my upcoming presentation. I see this as a huge opportunity to demonstrate my expertise to my peers.

■ Step 2. Perfecting the Script

Look back over the positive statements in the right hand column and make sure that they each are aligned with these guidelines.

- ◆ Only include positive statements
- ◆ Write affirmations in the present tense
- ◆ Include the word "I" in affirmation statements to make them more personal to you
- ◆ Keep affirmations short
- ◆ Remember you don't currently have to believe each statement is true
- ◆ Make each statement detailed and specific in order to evoke as much positive emotion as possible

■ Step 3. Recording the Script

- ◆ Use an audio recording app on your phone or another audio recording device
- ◆ Read each statement out loud and put as much conviction in your voice as possible
- ◆ Leave a gap between each statement when you are recording the script to allow the statement to sink in or for an image to form in your mind

■ Step 4. Programming Positivity

- ◆ Listen to the script daily for at least 2 weeks – repetition is key. Stick with it to see results!
- ◆ Try to get into a routine of listening to the script at the same time each day – we suggest just before you go to sleep because your mind is more open to suggestion when relaxed
- ◆ When listening to the script make sure you are in a place that you won't be disturbed
- ◆ It may help to close your eyes as you listen

■ Step 5. Track Progress

- ◆ Before you begin using the script rate your level of worry on a scale of 1 (not at all worried) to 10 (extremely worried)
- ◆ After two weeks of listening to the script daily, rate your level of worry again
- ◆ After two weeks note down any changes in your thoughts or behaviours