# KINES 082 Activity 11 – Affirmation Statements

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## Part A: Your Statements

Examples: I am calm, I am balanced, I am relaxed and centered, I let go of the past, I breathe in energy, I breathe out tension and worries, I am taking deep breaths of relaxation, I trust, I make a difference, I deserve to be loved, I live in the here and now,

After listening to the audio, indicate two affirmation statements that you have created for yourself. Each statement should begin with either: I… or I am….

Affirmation Statement 1: I let go of the past

Affirmation Statement 2: I am worthy enough for love.

## Part B: When to Use

When do you plan on using your affirmation statements?

I’m very harsh on myself and beat myself up for situations in the past. I think it would be best if I woke up and said these to myself every morning as well as when I feel unworthy.

## Part C: Reflection on Activity

Did you find this activity helpful in managing your stress? Why or why not?

I liked this activity. It ironically lined up with my friend suggesting this type of thing to me to do on a daily basis. I feel like I know those statements are true, but telling them throughout the day makes me really believe them and reduces my stress.