

Build an Affirmation Box

A step-by-step guide to building an affirmation box filled with positive thoughts

1. Find a shoe box and decorate it.
2. Fill it with flash cards each with a different affirmation or positive quote on it.
3. Lots of positive affirmations for self esteem can be found online or you can make up your own.
4. Every day take out a flash card.
5. Write the affirmation or quote on a white board or piece of paper which can be put somewhere for you to see.
6. Keep reading it throughout the day or for a couple of days until you can remember it and then take another one.

You may find the thoughts hard to believe at the time but the more you tell yourself positive things the more your subconscious will believe it and the better you will feel about yourself.



Have a read of the next page for examples of positive thoughts you could put in your affirmation box...

Here are just some affirmations to help increase feelings of self acceptance

I can accept myself when I win, lose or draw.

I would better not define myself entirely by my behaviour, by others' opinions, or by anything else under the sun.

I can *be* myself without trying to *prove* myself.

I have many faults and can work on correcting them without blaming, condemning or damning myself for having them.

I can neither prove myself to be a good nor a bad person. The wisest thing I can do is simply to accept myself.

I cannot "prove" human worth or worthlessness; it's better that I not try to do the impossible.

Accepting myself as being human is better than trying to prove myself superhuman or rating myself as subhuman.

I can itemize my weaknesses, disadvantages and failures without judging or defining myself by them.

I can reprimand my behaviour without reprimanding myself.

I can acknowledge my mistakes and hold myself accountable for making them - but without berating myself for creating them.

It's silly to favourably judge myself by how well I'm able to impress others, gain their approval, perform, or achieve.

When I foolishly put myself down, I don't have to put myself down for putting myself down.

I may at times need to depend on others to do practical things for me, but I don't have to emotionally depend on anyone in order to accept myself.

I am beholden to nothing or no one in order to accept myself.

It may be better to succeed, but success does not make me a better person.

It may be worse to fail, but failure does not make me a worse person.