

Positive affirmations for resilience

In the resilience building video, in the resource folder you were given some useful positive affirmations to use whilst doing self-havening ®.

Perhaps you would prefer to create your own positive affirmations.

This exercise will help you do so.

Here are the positive “what if’s” and affirmations used in the video:

You can use “what if” questions to start building your positive affirmations:

What if I’m able to remain present and appreciate this moment and every moment?

What if I can bring positive intention in all that I do?

What if I am always hopeful for great outcomes today?

What if I remember to breath and attend to my personal daily routines?

What if I can apply a high level of focus and self-efficacy in my work?

What if I am optimistic about my positive impact on service users lives?

What if I remind myself to be grateful for the opportunity to fulfil my purpose, for the support I receive to that end?

What if I can bring an air of clarity, confidence and optimism to the team?

What if I can bring the best of my resources and skills for best outcomes today and every day?

What if all of this helps me to become ever more confident, capable and resilient in my roles in work and life?

You can conclude by turning these into positive affirmations:

I make every effort to remain present and appreciate this moment and every moment

I always bring a positive intention in all that I do

I remain hopeful for great outcomes and work tirelessly towards that today and everyday

I remember to breath and attend to my personal daily routines

I am committed to applying a high level of focus and self-efficacy in my work

I choose to remain optimistic about my positive impact on service users lives

I am grateful for the opportunity to fulfil my purpose and for the support I receive to that end

I can see myself bringing an air of clarity, confidence and optimism to the team

I am committed to bringing all of my skills and resources for best outcomes today and every day

All of which helps me to become ever more confident, capable and resilient in my roles in work and life.

BUILD YOUR OWN POSITIVE AFFIRMATIONS

Many of us are usually very good at using 'what if' questions but for the negative ... *What if it doesn't work out? What if I put the effort in and it doesn't work out? What if I get ill?* We are essentially preparing ourselves for the worst which isn't the easiest way to build confidence and we can more easily convince ourselves out of something we really want to do or do it more with a struggle.

We can reframe these negative questions into, for example:

What if it goes really well?

What if the focused and impassioned effort I put in results in becoming a great social worker?

What if I overcome my anxiety about interviews?

What if I implement resilience building routines and attend to Covid 19 hygiene guidelines and I manage to keep myself well?

We can then turn these "what if" questions into positive affirmations, for example:

This is going to go really well!

I am becoming more and more confident every day

I am focused and passionate about becoming a great social worker

I practice resilience building routines daily without fail

I follow Covid 19 hygiene practices to a T !

I will continue to be of service by keeping myself well!

Design you own empowering 'what if' questions here. Create at least three of your own, or ideally as many as you can, then choose your top three:

Design your own positive affirmations here. Create at least three of your own, or ideally as many as you can, then choose your top three:

You can use your own empowering “what if” questions and positive affirmations in various ways:

- You can use them whilst doing daily self-havening upon waking and/or before going to sleep.
- You can meditate with them.
- You can write them down in your journal every day.
- You can put them into a reminder on your phone for pop up reminders twice daily.
- You can quietly imagine yourself, in the morning before work, on an imaginary screen in front of you whilst seeing all these positive affirmations playing out in your day ahead.