

STUDENT LIFE

Affirm Yourself to Success

by [Chloe Hung](#) on March 23, 2017



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24

Did you know that talking to yourself actually helps you become more successful in the end? I may sound like a mad person but I talk to myself frequently. And honestly, I do this to boost my self-confidence. I use affirmations to pick myself up when I am feeling down.

Affirmations, also called self-talk, personal reminders or self-suggestions, are essential in building positive attitudes and confidence in our own capabilities. As college students, we live in a very competitive environment as we are constantly pressured to do well in our exams and get a good job upon graduation. Therefore, it is important to use positive affirmations to boost your self-confidence. A positive affirmation must contain the following key ingredients:

- Positive words and phrases
- In the first person and the present tense, ("I am ...")
- Is specific about what you want to be (to have, to do, etc.)

An example of a positive affirmation is "I am a positive, optimistic thinker" or "I am happy and successful".

You can start harnessing the transformative powers of positive affirmations by applying the following guidelines:
Replace the Negative with the Positive

The very environment that we live in tends to drag us down with its constant negativity. However, the moment that you start using positive affirmations, you can choose to banish negativity and start adopting the positive attitudes that will propel you towards success. Using affirmations is critical in developing the self-motivation that can make our goals and dreams into realities

Modify Your Thinking

Your mind believes what you tell it. Reprogram your subconscious mind by using positive affirmations and watch your conscious mind transform it into positive actions. You essentially become the person you have affirmed yourself to be.

Personalize Your Own Affirmations

First, you need to think about what you want to achieve. Be specific about what you want to be, to do, to have and so on and so forth. Then, with your answer in mind, create your own affirmation in first person point-of-view and present tense. This creates concrete, tangible goals that give you a direction in which to work towards, too.

Repeat, Repeat, and Repeat

In order for your affirmations to be effective, you must repeat them to yourself daily with attention, conviction, interest and desire. Writing them down on *post-its* that can be placed in places where you can frequently see them (fridge, bathroom mirror, etc.) is also a good way to remind yourself of your affirmations.

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24