

Positive Affirmation Journal Prompts

Feel free to write on any of these prompts that inspire you—only use the ones that resonate with YOU. These affirmations (and there's a TON!) are ALL based on using power words AND are backed by research.

Positive affirmations are an effective way to foster a positive mindset, self-confidence, and resilience. Research suggests that the most effective affirmations are personalized, positively stated, present-tense, specific, and emotionally meaningful. Based on this, here are five general "I am" positive affirmations:

1. "I am capable and resilient, able to handle whatever comes my way."

Studies suggest affirmations reflecting self-efficacy and resilience can be particularly powerful in fostering a positive self-concept and combating stress (Crum, A.J., Salovey, P., & Achor, S. (2013). Rethinking stress: The role of mindsets in determining the stress response. *Journal of Personality and Social Psychology*, 104(4), 716–733).

2. "I am grateful for the abundance in my life."

This combines affirmation with the practice of gratitude, which has been found to significantly increase well-being and life satisfaction (Emmons, R.A., & McCullough, M.E. (2003). Counting blessings versus burdens: An experimental investigation of gratitude and subjective well-being in daily life. *Journal of Personality and Social Psychology*, 84(2), 377–389).

3. "I am deserving of love, kindness, and respect."

Affirmations emphasizing self-worth and self-compassion have been linked to improved self-esteem and mental health outcomes (Neff, K.D., & Germer, C.K. (2013). A pilot study and randomized controlled trial of the mindful self-compassion program. *Journal of Clinical Psychology*, 69(1), 28–44).

4. "I am continually growing and evolving into a better version of myself."

Affirmations that focus on personal growth can enhance motivation and foster a growth mindset, which is associated with greater resilience and achievement (Dweck, C.S. (2006). *Mindset: The New Psychology of Success*. Random House).



5. "I am making a positive difference in the world in my own unique way."

Affirmations about purpose and meaningful impact can reinforce a sense of purpose, which is associated with increased life satisfaction and well-being (Steger, M.F., Frazier, P., Oishi, S., & Kaler, M. (2006). The Meaning in Life Questionnaire: Assessing the presence of and search for meaning in life. *Journal of Counseling Psychology*, 53(1), 80–93).

Here are the Of Course Affirmations. The Of Course Affirmations ASSUME this is your lot in life, this is your path. This assumption helps to create connection to what you want in your brain (brain synapses).

"Of course" is a strong phrase to start your affirmations as it implies certainty and eliminates doubt—and these 5 are backed by research:

1. "Of course, I am more than enough, just as I am."

This reinforces self-acceptance, which is a key element of mental health and well-being (Neff, K. D. (2003). Self-Compassion: An Alternative Conceptualization of a Healthy Attitude Toward Oneself. *Self and Identity*, 2(2), 85-101).

2. "Of course, I am able to achieve my goals."

This affirmation emphasizes self-efficacy—a belief in your ability to succeed—which has been linked to improved outcomes in both performance and mental health (Bandura, A. (1997). Self-efficacy: The exercise of control. New York: Freeman).

3. "Of course, I have the power to shape my reality."

This captures the idea of internal locus of control—the belief that you have control over your own life—which is associated with higher levels of happiness and lower levels of stress (Rotter, J.B. (1966). Generalized expectancies for internal versus external control of reinforcement. *Psychological Monographs: General and Applied*, 80(1), 1-28).

4. "Of course, every challenge brings an opportunity for growth."

This affirmation reflects a growth mindset, a belief that abilities and intelligence can be developed, which has been linked to higher levels of resilience and achievement (Dweck, C. S. (2008). *Mindset: The new psychology of success*. Ballantine Books).



5. "Of course, I am a positive influence in the lives of others."

This underscores the idea of positive social impact, which can reinforce a sense of purpose and enhance well-being (Steger, M. F., Kashdan, T. B., Sullivan, B. A., & Lorentz, D. (2008). Understanding the search for meaning in life: Personality, cognitive style, and the dynamic between seeking and experiencing meaning. *Journal of personality*, 76(2), 199-228).

Some other ways to start affirmations and activate your inner optimism—start your affirmation with, “Can you imagine? And then illustrate what you’re imagining in the next sentence. I also like, “What if...” What if used correctly helps you imagine what things could be like when you’re optimistically trying to create the life you want.

Remember that the most effective affirmations are those that resonate personally with you. So, feel free to modify these as needed!

