



Affirmations and Visualizations for Success

Affirmation and Visualization techniques have been around for some time. Both rely on the repetition of positive thoughts and feelings.

Affirmations are positive phrases, which are repeated and which indicate how we want things to be. Affirmations are always said in the present tense. Repeating these positive phrases will, over time, override negative beliefs that we may carry with us.

Visualization is the process of thinking and feeling things that you want to have happen. The most important part of visualization is to use all your senses as if you are actually living the desired outcome. This is a technique that top athletes and many successful leaders use to realize their goals and dreams and can have the same positive effects on students.

Using mindfulness and visualizations as part of a wellbeing program will bring about added benefits as both use the senses to achieve the goal of Empowered Wellbeing for Success®.

Affirmation Techniques

Academics

Direct Aim: To override negative beliefs and develop positive thoughts for success.

Indirect Aim: To develop a positive attitude towards all aspects of life.

Procedure:

1. Choose the academic subject about which you want to change your attitude.
2. Identify the negative beliefs about this subject.
3. Write a positive affirmations phrase about each of these beliefs and make sure that each phrase is written in the present tense.
4. Repeat these positive affirmations every day.
5. Finally add a visualization technique to cement your affirmations.

Note: It has been found that affirmations are more effective if said in the second or third person, so the affirmations below are written to reflect this format.

Some affirmations for a student who does not think they are good at geometry may be:

(Student's name) you love and easily understand geometry.

(Student's name) you enjoy working on my geometry and find the work stimulating.

(Student's name) you're always successful when you complete your geometry homework and geometry tests.

The options are endless and there's no right nor wrong here, but an affirmation will always affirm a positive and desired outcome relating to the situation at hand.

- **VERY IMPORTANT:** It is critical that a student, or an adult for that matter, believes the affirmation that is being repeated otherwise the affirmation could backfire. In some instances a student may not believe for example that he easily understands geometry. In these instances starting the affirmation

phrase by saying one of the following would allow the affirmation to have a positive benefit to the student:

- *(Child's name) you choose to....*
- *(Child's name) you are willing to....*
- *This time, (Child's name) you will....*
- *(Child's name) you can....*
- *Even though (Child's name)...., you will allow....*
- *(Child's name) give yourself permission to....*

All students will need help with developing affirmations at first, but once they get used to creating them, they will enjoy creating their own. If there are some common issues in the classroom or in the school culture, educators could develop some generic affirmations that can be used by all students in the school to change attitudes for the better.

There are many online examples of affirmations for children; if you want more examples simply input 'affirmations for children' into a Google search. However, most do not include the important aspect of saying the affirmation in the second or third person so make sure you alter the affirmations as needed.

Repeating affirmations on a daily basis will positively change your attitude and your mind!