

HeadFIT

Positive Affirmations

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When faced with any sort of challenge, it's very easy to sabotage yourself. We all do it. You list all of the reasons why you can't do something, why it's too hard, why you're rubbish at it. 'Everyone will laugh at you. You'll never make it.' This negative internal voice does you no favours.

To perform at your best, to be mentally fit and in the right frame of mind to tackle life head on, you need to rewrite that script. You need to write your own positive affirmations. "You can do it. You've done difficult things before and you'll do it again. You're capable. You're brave and you will make it." It might feel unnatural at the beginning, but rather than just thinking these new positive statements, it works best if you commit and write them down. You can write them in a book, stick them on the fridge or around your room. It doesn't matter. But when you're writing, make sure you write in the present tense and that you write positively. As an example: don't write "I'm going to be less nervous about climbing the wall". Instead, write. "I'm confident. I know I can climb the wall". Make sure you use the words "I" or "my". Keep the affirmations simple. Things like this: "I'm strong. I deserve good things. I've overcome challenges before, and I will again. I'm capable of great things. I'm confident".

Keep saying them to yourself. Maybe every morning and every evening. You're basically reprogramming yourself to be calmer, more positive and to perform at your best.