

# Self-Regard – build it and protect it

## Instructions:

## Affirmation Exercise

Affirmations can be used to embed positive ways of thinking into our brains. By performing a daily affirmation workout, you can overwrite previously held beliefs about yourself with more positive ones.

Your daily self-regard workout activity should only take about 10 minutes and, although it can be done at any time, it is recommended you do it in the mornings before starting the day ahead.

Find a quiet, undisturbed space and repeat the following steps (this can be done using by looking at yourself in a mirror, speaking out loud or just in your mind – whatever feels right for you):

**Step 1:** Keeping your eyes open, spend one minute completing the following sentence, using only positive, unconditional praise (positive things about who you are, not what you do): 'I like me because...'

**Step 2:** Thank yourself for the praise.

**Step 3:** For one minute, close your eyes and picture yourself in a memory when you were relaxed, confident and happy. See how you were behaving, remember what you were thinking, and feel how you felt at the time.

**Step 4:** Count backwards from 10 to 1.

**Step 5:** Keeping your eyes closed, remember a specific time when you were paid a compliment by someone you respect and trust. Repeat what happened in specific detail, remembering how you felt at the time. Focus on this positive feeling and imagine it getting bigger and bigger.

**Step 6:** Open your eyes. Allow yourself to see what the other person saw and repeat it to yourself.

**Step 7:** Now think of your day ahead. Spend one minute thinking how you will use your qualities and positive feelings to help you be successful and enjoy the day ahead, seeing any challenges as opportunities for growth and learning rather than problems to be concerned about.

**Step 8:** Repeat step 1 just before you go to bed each evening.

**Top tip:** if you repeat this activity at roughly the same time each day the habit of doing it will form more quickly. Why not link it to another habit you already have, like cleaning your teeth?