
RISE Center

Positive Affirmations

Finals Week Edition



Affirmations

Affirmations are positive phrases or statements used to **challenge negative or unhelpful thoughts.**

You may choose to use positive affirmations to **motivate yourself, encourage positive changes in your life, or boost your self-esteem.**

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Practicing Affirmations can:

- Boost self-esteem
- Increase self-compassion
- Lower stress and rumination
- Increase academic achievement
- Motivate desired behaviors
- Builds new neural pathways in your brain, which strengthens positive thought patterns

Source: "Positive Daily Affirmations: is there science behind it?" Positive Psychology





FINALS AFFIRMATIONS

WRITE DOWN & REPEAT TO YOURSELF DAILY.

I can manage my time between studying & rest.

Regardless of my score, I'm proud of myself for trying my best.

I am studying to the best of my ability.

I possess the strength and ability to accomplish all of my goals and dreams.

I feel energetic and motivated to study.