



Do you talk to yourself? I do. ☹️ Who doesn't, right? What are your conversations about? I can tell you mine range from what-ifs to self-butt kickings to pats in the back. Yeah no, the chats can get exhausting, guys.

But the right kind of self-talk and thoughts —like positive affirmations— can go a long way. There's a lot of research out there that has shown positive affirmations can decrease stress and increase well being. In today's world, that's a golden ticket.

Now, because affirmations are exercises for our mind, repetition is all. Here are a few we can inject into our self-rap sessions:

- I am thankful for the love in my life.
- My hard work will pay off.
- I am grateful for what I can do.
- I learn from my mistakes.
- I accept what I cannot change.
- My strength is greater than my struggle.
- Faith over fear.
- *Dale que tu puedes* (quoting Pitbull 🐶)
- I love where I'm headed.
- Today and every day I am blessed.

And then there's my favorite: I can do all things through Christ who strengthens me.

For every positive thought...and self-chat, I am grateful.

What are you thankful for today?

Until next Thursday's post...si Dios quiere.

**"Affirmations are our mental vitamins, providing the supplementary positive thoughts we**

need to balance the barrage of negative events and thoughts we experience daily.”

*-T. Walker*

“Accept yourself, love yourself, and keep moving forward. If you want to fly, you have to give up what weighs you down.”

*-R.T. Bennett*

“I can do all things through Christ who strengthens me.”

*-Philippians 4:13*



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