

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 puede* (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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