



## TIME OUT FOR AFFIRMATIONS

People who use affirmations say consistently repeating the brief statements inspires them to achieve personal development goals. The following affirmations focus on some common self-improvement goals. Try repeating them to yourself.

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### TO TAKE CONTROL OF TIME

- ◆ I am master of my schedule.
- ◆ I determine what is important and give it priority.
- ◆ I recognize and deal with conflicting time demands.
- ◆ I can create my own quiet time.

### TO SUCCEED IN A LOVE RELATIONSHIP

- ◆ I enjoy being in a relationship and sharing my life.
- ◆ I enjoy it when my partner keeps growing, even in areas where I am not involved.
- ◆ I show my love in public and in the privacy of our home and family.

### TO FREE YOURSELF FROM STRESS

- ◆ I am relaxed in mind and body.
- ◆ I create tranquility.
- ◆ I feel calm.

### TO DEAL WITH A LIFE-CHANGING EVENT

- ◆ I have the strength to overcome adversity.
- ◆ I can handle this now because I know things will get better again.
- ◆ When one door closes, another opens.

### TO OVERCOME FEARS AND OBSTACLES

- ◆ I am full of courage and confidence.
- ◆ I remove limitations I have placed on myself.
- ◆ I am free to pursue any goals I desire.

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### TO FEEL COMFORTABLE ABOUT MAKING MISTAKES

- ◆ I accept that I am human, that I sometimes make mistakes.
- ◆ I am not perfect, and nobody expects me to be perfect.
- ◆ I can face my mistakes calmly and take appropriate corrective action without shame.

### TO SET AND ACHIEVE GOALS

- ◆ I strive for (your goal) and will work to make it happen.
- ◆ I am master of my future.
- ◆ (Your goal) is important to me, and I will achieve it.

### TO BUILD SELF-ESTEEM

- ◆ I celebrate my uniqueness.
- ◆ I am competent and capable.
- ◆ I believe in myself as no one else can.

### TO BE MORE ASSERTIVE

- ◆ I am cooperative and understanding, but I can say "no" and still feel good about myself.
- ◆ I make good decisions, and I am in control of my life.
- ◆ I handle difficult situations effectively.

### TO EXPRESS ANGER IN HEALTHY WAYS

- ◆ My anger is an energy I can use positively.
- ◆ I move away from the source of my anger.
- ◆ I visualize a safe, quiet place when I am angry.

**Contact Your Employee Assistance Program  
Outcomes, Inc. (505)243-7145 or 1-800-677-2947**