

# Did you know affirmations can have a positive impact on your health?

**Affirmations** are short phrases that you repeat 3-5 times per day, either aloud or in your head, to affirm a positive trait or behavior about yourself. Practicing affirmations regularly can help build confidence to overcome self-doubt and negative thoughts. Research shows affirmations can increase feelings of self-worth and boost confidence, making it more likely for those that practice these simple phrases to achieve their goals. Use the cards provided in this kit to repeat these 12 positive affirmations daily.

**Kindness:** Be kind to yourself. Girl Scouts are taught to respect themselves and others. Sometimes we are our own toughest critic. This affirmation will help to change a negative view of oneself.

**Self-Care:** Be grateful for the body you are born in! A stronger sense of self can help you adapt when faced with adversity. Take care of your body and treat it with respect.

**Sisterhood:** Girl Scouts encourage friendship and girl bonding while having fun! Joining a program with the same age group helps girls have a stronger connection, which reduces the fear of being alone. This positive experience boosts a girl's self-esteem.

**Physical Movement:** Your body is a super computer that is strong and powerful. Get moving even if it's just a game of tag or walking a nature trail. Movement increases endorphins in the brain resulting in a positive boost.

**Stress Free:** Create a fun, positive space in your environment to decrease levels of health-deteriorating stress on the body.

**Get Involved:** Girl Scouts promise to help people at all times. Helping others not only creates a positive benefit for the recipient, it also creates a higher sense of purpose for the philanthropist.

**Healthy Eating:** Choose to fill your body with healthier choices that are less destructive to the body. Make small steps toward better nutrition. Write down a list of foods that can fuel your adventure to encourage you to make better decisions.

**Uniqueness:** You are one in a million! Celebrate what makes you special and remind yourself there is no one quite like you!

**Mindfulness:** Pay attention to the present moment. Think about how you can re-frame your negative thoughts into positive ones. Instead of being overwhelmed by your feelings, you can manage them through breathing techniques, stretching, and meditation.

**Setting Goals:** Setting small goals or large ones and accomplishing them builds confidence! Plan small goals that are attainable and build off of them for the larger goals.

**Outdoors:** A connection to nature can benefit wellbeing. Taking a break to enjoy the fresh air, sunshine, or the rain can create a positive mood boost.

**Education:** Learning, even through our mistakes, makes us stronger academically. Being proud of your accomplishments and having an open mind to learn more gives you the confidence to grow intellectually.

**Want a further dive into mental health resilience?** See our Ready. Resilient. Strong. Patch program at [www.girlscoutscoc.org/readyresilientstrong](http://www.girlscoutscoc.org/readyresilientstrong)

## Join Girl Scouts!

**Financial assistance available.** For more information or to register, please visit: [girlscoutscoc.org/join](http://girlscoutscoc.org/join)

**Questions?** Contact us at: [info@girlscoutscoc.org](mailto:info@girlscoutscoc.org) | (800) 822-2427



To learn more about the research behind affirmations, visit: [www.biteoutoflifenutrition.com/affirmations-for-health/](http://www.biteoutoflifenutrition.com/affirmations-for-health/)

