

Affirmations for Success and Well-being

***"Whether you think you can or think you can't, you're right"* Henry Ford**

Your mind and thoughts are very powerful. They are influential on what outcomes you attain. As Henry Ford's quote so elegantly states, how we focus our thoughts set the intention for our actions. How are your thoughts hindering or helping you succeed as a nursing student?

Have you heard the phrase "fake it 'til you make it?" Well, there actually is a lot of benefit in doing just that with affirmations and imagery. Mental imagery research reveals a link between imagery and perception, cognition, and mental health (Pearson, Naselaris, Holmes & Kosslyn, 2015).

Consider integrating the use of positive affirmations and mental imagery each day to point the mind in the direction you want to go.

1. Create 5-10 positive affirmations that focus on the area you want to improve.
Affirmations should be positive, focus on the intended outcome, present tense and realistic. (You can find many on the internet.)
2. Set aside time in the morning and evening to recite the affirmations, repeating them 3-5 times each.
3. Stand tall, perhaps watch yourself in the mirror, as you recite your affirmations, speak with conviction, generate positive emotion, and imagine the affirmation as if it has already taken place in your life.

For more information and free affirmations check out this site:
<https://www.freeaffirmations.org/free-positive-affirmations-ebook>

Pearson, J., Naselaris, T., Holmes, E.A., & Kosslyn, S.M. (2015). Mental imagery: Functional mechanisms and clinical applications. *Trends Cogn Sci.* 2015 Oct; 19(10): 590–602. doi: [10.1016/j.tics.2015.08.003](https://doi.org/10.1016/j.tics.2015.08.003)