

5 Affirmations to Start Your Day Off Right

We all view the world through a set of lenses, which determine our thoughts, feelings and ultimately, how we show up in any given moment. Our outcomes are a result of our thoughts. A leader who consciously chooses how to approach work and life in a way that leads to higher performance, stronger relationships, and powerful interactions will also find greater satisfaction and fulfillment.

You have an opportunity to become mindful of the thoughts you are having, including self-talk, and judgements of your situation and of others; assess whether those thoughts are serving you well; and to give yourself permission to release the ones that are not. Instead, you may choose to be more intentional about the thoughts you do have, adopting those that will serve you well in realizing the outcomes you desire.

Affirmations are one technique to adopt thoughts that will support achievement of desired outcomes. Their impact begins with the crafting of an action-oriented, present-tense, emotionally charged, personal and outcome-scripted statement. Their effect is realized through faithful daily repetition.

Following are a set of affirmations designed to address some of the challenges facing many of the leaders I coach. Choose one or more that resonate with you and commit to integrating the practice into your daily routine.

Through this process, you may grow your awareness of the presence of disempowering thoughts. Add other affirmations as needed and if that is not enough, you may benefit from engaging with a professional coach.



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I am content and confident in my personal presence, contributions, and abilities, adding value with every interaction.



I am a calming influence, inspiring myself and others to create meaningful solutions.



I am in control and choose how I spend my time, intentionally creating space for the people and activities that are most important.



I am alert and energetic because of the healthy habits I practice regularly to nurture my mind, body and spirit.



I am deeply grateful for the people around me and express it often, inspiring strong engagement and high performance from all.