



Working with Affirmations

Gentle words. Supportive beliefs. Intentional practice.

A practical workbook to help you develop a kinder inner dialogue and practise statements that feel authentic, supportive and useful.

A gentle, practical resource from Align with Sari

01 Understanding affirmations

Affirmations are intentional statements that help you practise a more supportive inner dialogue. They are not about pretending everything is fine or forcing yourself to believe something that feels untrue. A useful affirmation should feel believable enough to explore and meaningful enough to repeat.

Why it can help

Repeated attention influences what we notice, practise and remember. An affirmation can act as a gentle cue to respond to yourself with encouragement rather than automatic criticism.

How to use this booklet

- Choose one statement that feels supportive and realistic.
- Read it slowly once or twice a day.
- Notice any resistance without judging yourself.
- Pair it with a breath, movement or a daily routine.
- Adapt the words until they sound like you.

A helpful formula

I am learning to... + what matters to me + one small action

Example: "I am learning to trust myself, and I can take one kind step today."

02 Create your own affirmations

Start with statements that are grounded in possibility, not pressure. You might use “I am learning...”, “I can practise...”, “I am allowed to...” or “I choose to...”

Complete the prompts

A quality I would like to nurture in myself is...

A belief I would like to practise is...

A kind reminder I need to hear more often is...

My personal affirmation

03 Put your affirmation into practice

Choose one affirmation for the next seven days. Let it become a small experiment rather than another task to get perfect.

My seven-day practice

Day	When will I practise?	What did I notice?
Day 1	_____	_____
Day 2	_____	_____
Day 3	_____	_____
Day 4	_____	_____
Day 5	_____	_____
Day 6	_____	_____
Day 7	_____	_____

Reflection

What changed when I spoke to myself more supportively?

Remember: You do not have to do this perfectly. Take what supports you, adapt what does not, and return whenever you need to.

About Align with Sari

I offer a warm, personalised approach to wellbeing through life coaching, specialist ADHD life coaching, yoga, Ayurveda, massage and restorative practices. My intention is to help you reconnect with yourself and create realistic changes that fit your life.

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