Affirmations to Accompany your Mindfulness Practice

To some, positive affirmations have a bad image - relegated to the new-age, and the fringy. But with all the solid research that shows our thoughts shape our brain, maybe it's time to take another look at affirmations.

The goal of mindfulness is to let thoughts come up naturally, but affirmations can help you if you are stuck in a negative thought loop during a meditation session, or during your day.

This mindful hub worksheet is designed to help you through those thought loops that make formal seated meditation challenging. Try these affirmations if you are having a difficult meditation session. Start now by taking a few deep breaths and reading through this list of mindful affirmations.

"I notice myself remembering. Memories come and go. I notice myself planning. Plans come and go."

"I watch my thoughts with loving-kindness toward myself and others."

"This situation is troublesome to me right now, but it will not always be."

"I watch the ebb and flow of my cravings as I sit and breathe."

"Through this sitting meditation a become more calm and at ease."

"My mindfulness practice helps me communicate in an authentic way."

"With every meditation session, I become more patient and understanding."

"With every mediation session, I become more aware of my deepest values and my goals become clear."

"With every mediation session, my energy becomes more balanced."

"After every meditation session, I am able to make better decisions."

"With every meditation session, I grow in my ability to understand others."

"As my meditation practice develops, I am able to take action that benefits myself and others."

"After every meditation session I have a sense of genuine confidence and experience less fear."

"As My mediation practice develops, I am better able to manage my emotions."

Check out more mindfulness tips and tools at mindfulhub.com

We wish you twenty minutes of mindfulness every day!