



# The Power of Self-Affirmation

University life is a journey filled with learning, growth, and sometimes, overwhelming challenges. As you juggle coursework, part-time jobs, relationships, and personal responsibilities, it's easy to doubt yourself.

In these moments, self-affirmations can be a powerful tool to boost your confidence, motivation, and mental well-being.

## Why Self-Affirmations Matter?

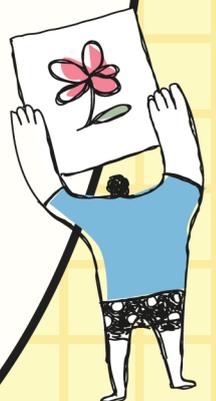
During our growth, many of us were used to being graded and judged by teachers, family members, and others. Our achievements and worth have often seemed tied to external approval and scores.

While feedback from others can be helpful, it's important to remember that your own values and self-worth matter too.

You can trust yourself to know what is right for you, and your inner voice deserves to be heard.

Self-affirmations are positive statements that help you challenge self-doubt and foster self-belief.

When you regularly affirm your strengths and worth, you build resilience, reduce stress, and regulate your emotions.





## “Appreciate Your Efforts – No Matter the Outcome”

Sometimes, it's easy to overlook the value of effort and persistence.  
Even if the outcome isn't what you hoped for,  
**your dedication and hard work matter.**

Appreciating your persistence can help you stay motivated,  
become more resilient and build a healthy relationship with yourself.

**Remember, you deserve kindness and compassion from yourself  
just as much as anyone else does.**

**Here are some affirmations to help you get started:**

“It is okay to feel my feelings.”

“My own values and opinions are important.”

“I focus on the people who treasure my whole self.”

“I am allowed to make some mistakes and learn from them.”

“I am brave as I am willing to try.”

“I am allowed to take care of my own needs.”

“I am trying my best and that's enough.”

“I don't need to be perfect. I let go of what I cannot change.”

“My worth is not determined by grades or others' opinions.”

“I deserve love, respect and joy with no conditions or exceptions”





# How to Practice Self-Affirmations

## 1. Choose Your Affirmations

- o Identify areas in your life where you need encouragement—academics, relationships, self-esteem, or personal growth.
- o Select or create positive statements that resonate with you.

## 2. Repeat Them Regularly

- o Go through your affirmations in mind or say your affirmations out loud in front of the mirror daily.
- o Write them down and place them where you'll see them—on your desk, mobile or laptop
- o Set reminders on your phone so your affirmations pop up throughout the day.

## 3. Be Patient and Consistent

- o Self-affirmation is a habit that takes time to build. The more consistently you practice, the more natural and effective it becomes.
- o If you notice negative self-talk creeping in, just accept it and let it go, gently replace it with your positive affirmations.

Remember, you are stronger and more capable than you think. Trust your own values, appreciate your effort, and practice self-love—don't wait for others to recognize your worth.

You are your own best supporter,  
and you deserve to care for your own needs.



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