

## Musical Positive Affirmations

When you are feeling stressed, anxious, low, or negative, positive affirmations have a way of combating the negative thinking that accompanies these states of mind. Positive affirmations are short phrases that you say to yourself in your mind or out loud to shift your mindset. When you repeat these phrases often, they have a way of creating a change in your mind and bringing about positive thinking. Positive thinking brings resilience and hope.

On the opposite page you can start creating your own positive affirmations. Ways to start your own affirmations could include the following:

I am...  
I release...  
My body is...  
My mind is...  
I love...

Here is a list of some of my favorite affirmations already created:

1. I breathe in relaxation, I breathe out tension.
2. I am capable of solving any problems that face me.
3. I am free of anxiety and am living a calm life.
4. I am ridding my mind of negative thoughts and filling it with positive ones.
5. Anxiety might make me feel uncomfortable but I am in charge of my mind and body.
6. I am more and more calm with each deep breath I take.
7. I am attracting positive energy into my body.
8. I am free of anything that weighs me down.
9. I have everything I need for a happy life.
10. I have the ability to overcome anxiety.
11. I am safe and in control.
12. The feelings of panic are leaving my body.
13. My mind is clearing and I am in control.
14. I am freeing myself from stress.
15. I am relaxing each part of my body.
16. I am ridding my mind of negative thoughts and filling it with positive ones.
17. I am more and more calm with each deep breath I take.
18. I am now in control.
19. My body is calm.
20. All is well in my world.
21. Is this thought helping me?
22. I have so much to be grateful for.
23. I find joy in the little things.
24. Be still my soul.
25. I have been through this before and I will get through it again.

Sources: <https://nopanic.org.uk/positive-affirmations/>  
<https://www.traveljewels.net/wellness/2020/5/24/positive-affirmations-for-anxiety-uncertainty-fear>

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## My Musical Positive Affirmations

Directions: Positive affirmations help change negative thinking into positive thinking. Listen to a song from the list below or choose your own songs. Write down positive affirmations that you hear in the song or recreate a new affirmation. You can place them on sticky notes, in your phone note app, etc. to remind yourself to think positive.

### Sample Songs:

Speak Life by TobyMac (<https://www.youtube.com/watch?v=ZeBv9r92V00>)

You Say by Lauren Daigle (<https://www.youtube.com/watch?v=slaT8Jl2zpl>)

Ooh Child by Five Star Steps (<https://www.youtube.com/watch?v=dguz0lsCuKU>)

Carry On by Norah Jones (<https://www.youtube.com/watch?v=cWY1W56dDss>)

Feeling Good by Michael Buble (<https://www.youtube.com/watch?v=NzmfngGqKOk>)

Song: \_\_\_\_\_

Affirmations: \_\_\_\_\_

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Song: \_\_\_\_\_

Affirmations: \_\_\_\_\_

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Song: \_\_\_\_\_

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