

# Self-Coaching and Affirmations



The basic premise of self-coaching is that your thoughts create your feelings, your feelings affect your actions, and your actions create your results.

Use the example below to put your own thoughts into the affirmation model. Writing them down can be helpful:

|                                                                                   |                                                                                                                                                                                                                                                                                                                 |                                                                                     |                                                                                                                                                                                                                                                                                                            |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <p><b>Circumstance:</b><br/>It is raining outside today</p> <p><b>Thoughts:</b><br/>What a rough day it is outside!</p> <p><b>Feelings:</b><br/>Sluggish, unmotivated</p> <p><b>Action:</b><br/>Skipping exercise, meditation, etc.</p> <p><b>Results:</b><br/>Lack of stress relief; still feeling anxious</p> |  | <p><b>Circumstance:</b><br/>It is raining outside today</p> <p><b>Thoughts:</b><br/>I can do my favorite dance workout video inside!</p> <p><b>Feelings:</b><br/>Excited</p> <p><b>Action:</b><br/>Doing dance workout video</p> <p><b>Result:</b><br/>Feelings of accomplishment, moving towards goal</p> |
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Do you see how our thoughts can affect our results? When we bring awareness to our thoughts and how they affect our actions and results, we can use affirmations to reshape our thoughts, thus reshaping our results.

**Affirmations are powerful words that provide emotional support and encouragement to ourselves.**

*Need a hand developing self-coaching techniques?  
Your Employee Assistance Program offers the resources,  
tools and guidance to help you shape more positive results.*

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