

# 每天五分钟自我肯定练习

当生活让你感到迷茫或自我怀疑时，最有效的方式之一，就是对自己说肯定的话。五分钟的日记练习，看似微不足道，但却能带来意想不到的心理变化。

首先，准备一本日记和一支笔，找一个安静的地方，深呼吸两次。然后用简单的三步法记录当天的心情和积极体验。第一步：写下你今天成功。它不必宏大，可能只是按时完成了工作，或者勇敢地表达了自己的想法。第二步：写下三件你感恩的事情，这能帮助你从不同角度看到生活的美好。第三步：写一句对自己的积极肯定，例如‘我值得被尊重’或者‘我正在成长’，让内心的声音成为鼓励而非批评。

举个例子：假设今天你在工作中完成了一个困难的项目，虽然遇到很多挑战，但最终完成了。你可以写：‘今天我完成了项目，克服了困难，这是我努力的证明。’感恩的三件事可以是：‘同事的鼓励、午后的阳光、晚餐的美味。’最后，用一句肯定自己：‘我每天都在进步，值得被肯定。’

长期坚持这个五分钟练习，你会发现自我评价变得更加积极，对生活充满感激。日记不仅是一种记录方式，更是一种自我对话，它帮助你重新认识自己，看到自己的价值，慢慢建立起稳固的自信心。

每天的五分钟，看似简单，却像一块基石，为你的心理健康和自信心打下坚实的基础。时间长了，你会惊讶地发现，这种日常习惯的力量，能让你更加从容面对生活中的挑战。

## Five-Minute Daily Self-Affirmation Practice

When life makes you feel lost or doubtful, one of the most effective ways to help yourself is to speak affirmations. A five-minute journaling practice may seem small, but it can bring surprisingly positive changes to your mindset.

Start by preparing a journal and a pen, and find a quiet place. Take two deep breaths. Then, use a simple three-step method to record your day's experiences. Step one: write down your success today. It doesn't have to be grand—perhaps you finished your work on time or bravely expressed your thoughts. Step two: write down three things you are grateful for; this helps you see life's beauty from different perspectives. Step three: write a positive affirmation for yourself, like 'I deserve respect' or 'I am growing,' letting your inner voice encourage rather than criticize.

For example, if you completed a difficult project at work today, despite many challenges, you could write: 'I completed the project today and overcame challenges; this proves my effort.' Three things you are grateful for could be: 'colleague's encouragement, afternoon sunshine, delicious dinner.' Finally, a self-affirmation: 'I am improving every day and deserve acknowledgment.'

Over time, this five-minute practice will make your self-evaluation more positive

and instill gratitude for life. Journaling is not just a recording tool—it's a way to converse with yourself, recognize your value, and gradually build lasting confidence.

Five minutes a day may seem simple, but it serves as a cornerstone, strengthening your mental health and self-confidence. Over time, you will be amazed at how this daily habit empowers you to face life's challenges more calmly.