

# WORKSHEET #1

## POETIC AFFIRMATIONS

**What are poetic Affirmations?** The use of poetry to make positive statements  
Reciting these statements to cultivate a positive mindset.

**Why use poetic affirmations?** They are a fun and relaxing way to engage with affirmations that can boost self-esteem, motivation, and overall wellbeing. You can use them any time, not just when you feel low. For example, try reading affirmations aloud, perhaps performing them to family and friends, or even start a social group that meets in person to read and discuss them (a group of people with Parkinson's did just that during the research and reported increased optimism).

**Affirmations and Parkinson's:** Life with Parkinson's can be a bit rocky at times. Dealing with change and readjustment can be demanding, even draining. Sometimes life becomes all about Parkinson's and we forget to affirm other parts of ourselves. Poetic affirmations are a gentle and enjoyable way to balance things out and remember we are much more than illness.

### Exercise 1: Poetic affirmations

**Step one:** Spend 5 minutes or so reflecting on how long you have lived with Parkinson's. What have you learned in that time – note down anything that comes to mind that you have learned.

**Step two:** Looking over your notes, circle all the words that stand out as affirmations of your strength, courage, and resilience.

**Step three:** Move these words onto another page and use them to write a poem affirming your knowledge and wisdom.