

Quarantine Project: Affirmations for learning new technology.

Compiled by Erin McGaughan, Seattle Unity Worship Arts Director



During COVID-19 stay-home orders, I've had to learn more new tech than I thought I could learn. Many of my friends felt the same, and generously helped on this project.

These affirmations come from a range of 30+ different people, ranging in personality, age, ethnicity, and technical skill level. They don't all have equal familiarity with the concept of affirmations, either, but they all attempted to do what affirmations are meant to do at the core: remind ourselves about our positive learning potential.

Please remember that affirmations as we use them here aren't about re-writing material reality. So, not so much like "I have gills like a fish and I can breathe underwater" or "Oprah has offered me a job and I start on Wednesday."

And affirmations are distinct from denials. So I asked contributors to avoid statements like "I am not a dunce" and "I am not too old" in favor of positive-format statements.

I encourage you to find one or two affirmations below that resonate with you, and use them as your inspiration.

But then write your own.

Other people's affirmations are training wheels. The power comes in inventing your own. That's why this is a form of Worship Arts – you use your creativity.

It doesn't have to be totally and completely unique and original, but it does need to be home-cooked in your brain oven.

That's the old "give a person a fish" thing, right?

Tech-learning affirmations



Now is the perfect time to make big tech mistakes., There are tons of people who understand these feelings. There are tons of people eager to assist and teach me stuff.

Erin

Just for today I am eleven years old and can learn new tech with ease, and also eat as many cookies as I want without feeling gross.

Michael

Inch by inch, learning tech's a cinch!

Shawn

Step by step I learn new tech...

Suzanne

My mistakes are perfect.

Mary

I am growing my tech skills in a variety of ways

Kenton

I embrace communicating in new ways and I learn easily.

Becky

Not knowing is the BEST place to start learning from.

Stephanie

I am open and capable of learning and knowing.

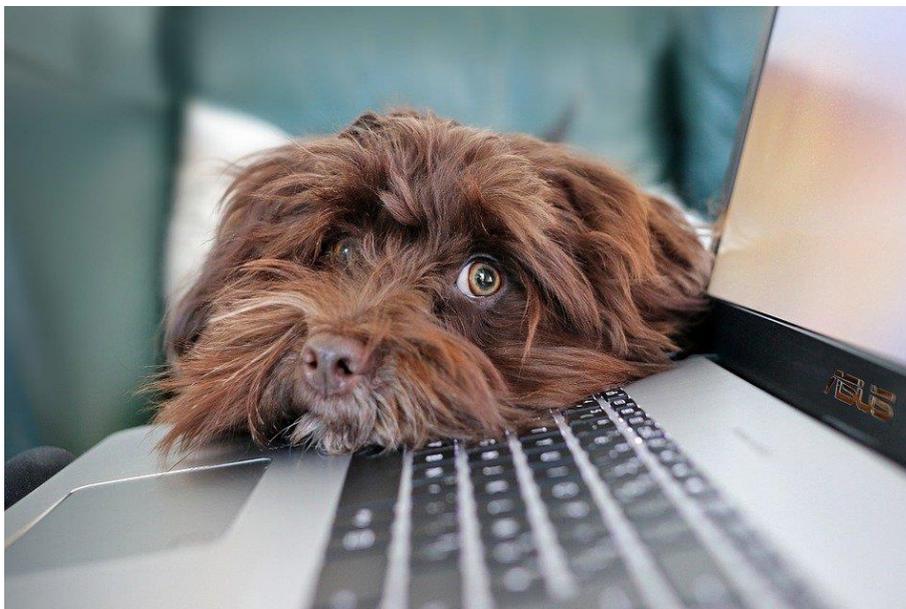
Colleen

This shit is a mystery, and I LOVE mysteries!

Devi

I've learned so many things already, I'm excited to learn this too!

Shelley



The divine within me has created all brain cells necessary (with some left over) to fully comprehend, enjoy and eventually master new technological skills.

Christina

The escape key on the computer is the same as a clutch in a car.

Heidi

Learning new things keeps my brain youth-ing!

Shawn

Technology and I are friends.

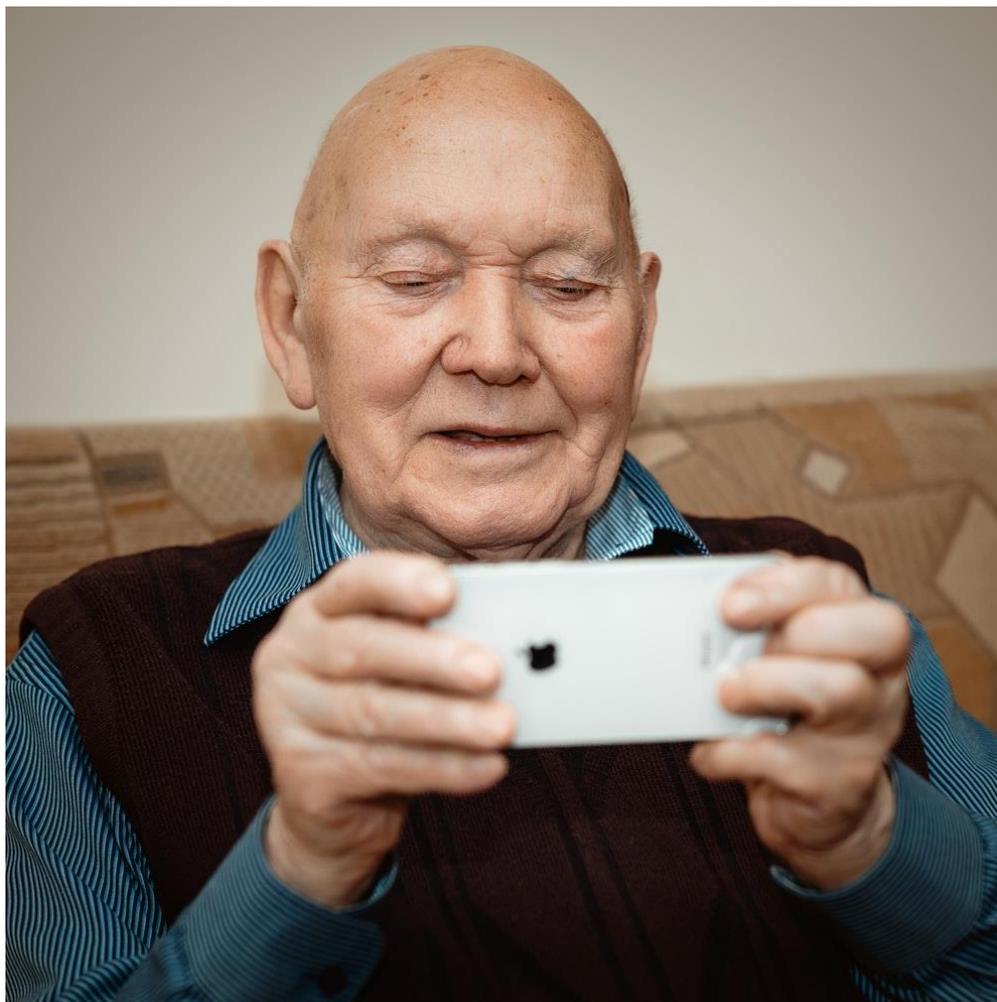
Debbie

I am eager, ready and able to learn new things.

Judy

I have so much extra time now, I plan to use it wisely and learn new tech, easily and effortlessly. AND I get to take as much time as I need.

Laura ❤️



I am becoming someone who wants to learn tech. I am learning to become someone who (wants to) learns tech. I am open to being a person who learns tech.

Chelle

One byte at a time.

Marti 😊

New technologies mean new beginnings that can bring together people who would not otherwise be engaged. Challenges are blessings and teach us patience and swearing along the way is okay and some might say a requirement.

Madeline

I am learning more I thought I could!

Nola

Wouldn't it be nice to enjoy learning Tech? Wouldn't it be fun learning Tech? Wouldn't it be cool to master all the technology I want? Wouldn't it be cool to be energized by learning new Tech? Well

yeah, since you put it that way.

Julie

My brain has unlimited space to fully understand and remember all things that I ask of it.

Judy

I choose to know I learn quickly.

Mertiss

Learning new technology comes easily and patiently.

Carol

Learning new things takes time and I'm good at timing.

Cindy



As a spiritual being I know that as I grow I embrace change. I embrace this new part of me as I develop my technology skills.

David

When I PLAY with technology, I create a growth mindset within myself and as I share THAT mindset forward, I help evolve humanity.

Leah

I am smart, I learn new things quickly and retain them easily.

Lori

I've got lots of connections to help me learn this.

Sarah

Everything I need to learn is seeking me and comes to me in ways I can learn, retain and move forward with easily.

Sherry

The infinite mind of god fill my consciousness with all I require to move forward in this endeavor!

Anne

I am excited to show my kids that I am a cool tech head!

Judy



It's a new day - time to make lots of mistakes. That's how I learn.

Steven

