## AFFIRMATIONS FORKIDS \*\*\*ADULTS TOO



Daily affirmations are simple, positive statements to tell your child or yourself every day. Small investments in positive thinking can have big impacts on well-being, and is especially beneficial for children as they build their self-image and learn how to navigate their feelings. Children who receive positive affirmations from themselves and others are likely to act in ways that reinforce those thoughts.

## HOW TO DO DAILY POSITIVE AFFIRMATIONS WITH KIDS

- 1. Set aside five minutes at a specific time every day.
- 2. Have your child get involved in choosing the two to four affirmations for that day.
- 3. Have your child write down the affirmations and say them aloud, preferably in front of a mirror.

**PRO TIP:** Choose affirmations for yourself as well and participate in the ritual alongside your child, so you're modeling the behavior rather than simply imposing it.

## 50 POSITIVE AFFIRMATIONS TO GET YOU STARTED

- 1. I have many talents.
- 2. I don't have to be perfect.
- 3. Making mistakes helps me grow.
- 4. I am brave.
- 5. I am smart.
- 6. I am capable.
- 7. I am a good friend.
- 8. I am loved for who I am.
- 9. I remember that bad feelings come and go.
- 10. I'm proud of myself.
- 11. I am enough.
- 12. My thoughts and feelings are important.
- 13. I can be assertive without being aggressive.
- 14. I can stand up for what I believe in.
- 15. I know right from wrong.
- 16. I don't have to be around anyone who makes me feel bad
- 17. I can speak up when someone is being mean to others
- 18. I can learn anything I put my mind to.
- 19. I can work hard to achieve my goals.
- 20. It's OK to take a break.
- 21. I can create positive change in the world.
- 22. It's OK to ask for help.
- 23. I am creative.
- 24. It's OK to feel all of my feelings.
- 25. I have a big heart.
- 26. I am safe and cared for.
- 27. I believe in myself.
- 28. I have so much to be grateful for.
- 29. I can make a positive impact on people's lives.
- 30. I can't control others, but I can control how I respond to them.
- 31. I can release my worries and find a place of calm.
- 32. I can find things around me that bring joy.
- 33. I don't have to feel alone.
- 34. I can respect other people's boundaries.
- 35. I don't have to take things personally.
- 36. I can take alone time when I need to.
- 37. I enjoy my own company.
- 38. I use my imagination when I'm feeling bored or uninspired.
- 39. I'm a good listener.
- 40. I can put myself in other people's shoes.
- 41. My family loves me unconditionally.
- 42. My opinions are valuable.
- 43. It's OK to be different.
- 44. I can respect other people's opinions, even if I don't agree.
- 45. I'm a good person.
- 46. I don't have to be happy all the time.
- 47. My life is good.
- 48. I can take time to understand my feelings.
- 49. I am strong, inside and out.
- 50. I am patient and calm.