

AFFIRMATIONS

FOR KIDS

← & 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.