

## KID AFFIRMATIONS

### How to Use Affirmations:

If you want to bring some positive thinking power into your life, start by doing the following:

1. **Breath** - Take three long breaths. Breath in through your nose, out with your mouth.
2. **Read the Affirmation, Slowly** - Make sure your brain understands what you are actually reading, so do it slowly with purpose.
3. **Believe the affirmation** - Consider what you read and believe that it is true.
4. **Commit to the affirmation** - Make a commitment, to yourself and the affirmation if necessary. Yes, the result is possible. Believe it, commit to it, and it WILL HAPPEN!
5. **Meditate on what you read** - After breathing, reading it slowly, believing and committing to the affirmation, meditate for a few minutes on what you read and what it means to you.
6. **Breath Again** - Take a few more minutes and breath again...in through your nose, out with your mouth.

### Affirmations:

1. I am blessed.
2. I love myself.
3. My family, friends, and teachers love me for who I am.
4. My parents are proud of me.
5. I am special.
6. I can control my emotions if I focus.
7. I am calm and peaceful.
8. I am friendly.
9. I am a fun person.
10. My friends enjoy playing with me.
11. I am polite and courteous, even in the face of rudeness.
12. I am helpful.
13. I am thankful. (You can make variations of this. "I am thankful for \_\_\_\_\_.")
14. I am happy.
15. I have fears, but I have the courage to face them.
16. When I am angry, I don't stay that way long.
17. I talk about my feelings.
18. I love going to school because learning is fun.



19. I do my best in school.
20. I am always on time.
21. I like new challenges.
22. I have a lot of brilliant ideas.
23. I do my best in finishing my household chores.
24. I am a loving and kind sibling.
25. I listen to my parents and obey them.
26. My imagination is amazing.
27. I like to eat fruits and vegetables.
28. I like to play outside.
29. I see beauty in nature.
30. I believe in my dreams. (Tip: Identify a dream – or dreams – and emphasize it together with this affirmation.)

