

AFFIRMATIONS TO TEACH YOUR CHILDREN

A photograph of three children playing in the ocean at sunset. The children are splashing water, and their hands are raised in the air. The water is dark, and the sky is a warm orange color. The children are wearing swimwear, and the overall scene is joyful and energetic.

**WATCH THEM GROW IN
HAPPINESS, SELF-CONFIDENCE,
AND VIBRANT HEALTH**

WORKSHEET

AFFIRMATIONS TO TEACH YOUR CHILDREN:

**WATCH THEM GROW IN HAPPINESS, SELF-
CONFIDENCE, AND VIBRANT HEALTH**

Affirmations can be a powerful tool to change the way your child thinks about himself, his future, and life in general.

Children face challenges just like everyone else. Having more self-esteem, confidence, happiness, and better health is something we all wish for our children.

Answer these questions to gain a better perspective of how to help your child use affirmations to make positive changes:

1. In what areas of life is my child struggling?

2. How does my child view himself? How is this limiting him or making him unhappy?

3. Is my child confident enough? How would my child's life change if she were more confident?

4. What habits does my child have that are damaging to his health?

5. How can I best approach my child with the idea of using affirmations?

6. Is my child struggling socially? What affirmations would be most beneficial to my child?

7. How would I fit affirmations into my child's schedule? When would be good times to repeat affirmations?