

POSITIVELY FUN

Learning Affirmations

Kids, More
S.U.G.A.R., LLC



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AFFIRMATION INTRODUCTION

What is an Affirmation?

An affirmation is something good that you say about yourself as you are now or something good you want to be or do in the future. You keep saying them to help you believe it and feel good about yourself. They help you think and talk about yourself in a positive way! That teaches your brain to be positive and then your brain will help you do a lot of great things.

Why use Affirmations?

You are a great person and if you believe that, you will do great things. Affirmations remind you of how good you are and the good things you can do. When you repeat good things about yourself out loud or in your head, it makes you powerful because you will be able to do greater things because you believe in yourself. Believe in yourself!

Why should you say Affirmations during the day and listen to them at night too?

Because your brain is learning during the day and night, so teach it in the day and at night. You can think and talk positively to your brain during the day. At night, you need to sleep and let your body rest. If you listen to affirmations while you sleep, your brain is still learning to think positively, while you get rest. This gives your brain power during the day and night.

Affirmation Quiz



Remember affirmations are good things you do now or good things you want to do in the future. Say affirmations with a lot of confidence. The best affirmations are the ones said and written with the most confidence.

Which is the best example of a good affirmation:

- 1). I might pass my test or I will pass my test
- 2). I will eat all my food or I think I will eat all my food
- 3). I am a nice person sometimes or I am a nice person all the time
- 4). I can win the race if I practice or I can win the race
- 5). I am happy when I get toys or I am happy
- 6). I am smart when I make good grades or I am smart
- 7). I am going to be a Doctor when I grow up or I like nice Doctors



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