AFFIRMATIONS FOR KIDS

BUILDING CONFIDENCE, POSITIVITY, AND JOY

Mindset 4 Minis

ERIN HEBERGER

WHAT ARE AFFIRMATIONS AND WHY ARE THEY IMPORTANT

Affirmations are simple, positive statements that help our kids build confidence, resilience, and a happy inner voice. By practicing affirmations, kids start learning how to face life's challenges with courage and a big dose of self-love, all while developing that important foundation of self-belief and kindness.

WHY AFFIRMATIONS MATTER FOR OUR LITTLE ONES

Just like healthy food and playtime, positive words are essential for our kids' growth! When we give them the gift of affirmations, we're helping them see all the amazing things about themselves. Affirmations gently teach them to focus on their strengths, feel proud of who they are, and recognize how loved and capable they truly are.

HOW AFFIRMATIONS CAN HELP YOUR CHILD THRIVE

1. **Boosts Confidence**: Affirmations remind kids of their unique qualities, helping them believe they can do amazing things.
2. **Encourages Resilience**: With phrases like "I can try again," they learn that challenges are part of learning and growing.
3. **Builds a Positive Self-Image**: Affirmations help kids think kindly about themselves, which is key for growing self-love and self-respect.
4. **Calms Big Feelings**: Simple reminders like "I am safe" or "I am loved" can be so reassuring for little ones, especially when they're feeling anxious.
5. **Fosters Kindness and Empathy**: Affirmations can also be reminders to treat others with kindness, helping them build strong, happy friendships.

With these affirmations, you're giving your child a gift that will serve them their whole lives: a positive, resilient mindset that starts with "I can."

Let's get started and watch them shine, one positive thought at a time!

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HOW TO USE AFFIRMATIONS

For grown-ups and kiddos alike!

1. Begin by taking deep breaths and releasing any negativity you are feeling.
2. Say your affirmation clearly and loudly preferably in front of a mirror.
3. Repeat your affirmations morning and night so they are the last thing you hear before going to bed and the first thing you hear in the morning.
4. When you finish, take a few deep breaths, absorb the positive energy, and release any leftover negativity.
5. I recommend taping these affirmations near your bathroom mirror and saying them before or after brushing your teeth to make a habit out of it.

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AFFIRMATIONS FOR LITTLE KIDS

1. I AM SMART.
2. I AM KIND.
3. I AM CAPABLE.
4. I AM BRAVE.
5. I AM CONFIDENT.
6. I AM LOVED.
7. I AM GRATEFUL.
8. I HAVE GREAT IDEAS.
9. MY FAMILY AND FRIENDS LOVE ME.
10. I AM PROUD OF MYSELF.

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AFFIRMATIONS FOR OLDER CHILDREN

1. I AM KIND.
2. I CAN DO ANYTHING I SET MY MIND TO.
3. I HAVE AMAZING CAPABILITIES.
4. I AM PATIENT.
5. I HAVE MANY TALENTS.
6. I AM LOVED.
7. I BELIEVE IN MYSELF.
8. I AM CONFIDENT.
9. MY OPINION MATTERS.
10. I AM IMPORTANT.

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BONUS

AFFIRMATIONS FOR BUSY MOMS

1. I WILL GET EVERYTHING DONE THAT IS NEEDED.
2. I AM POWERFUL.
3. PEACE AND JOY ARE FILLING MY LIFE.
4. I AM STRONG.
5. I AM GRATEFUL FOR THE ABUNDANCE IN MY LIFE.
6. I AM CAPABLE.
7. I CHOOSE TO TAKE CARE OF MYSELF.
8. I CAN DO HARD THINGS.
9. I GIVE MYSELF GRACE ON THE HARD DAYS.
10. I AM BECOMING THE BEST VERSION OF MYSELF.

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BONUS

AFFIRMATIONS TO COMBAT MOM GUILT

1. I DO NOT NEED TO BE THE PERFECT MOTHER.
2. I AM THE BEST MOM FOR MY CHILDREN.
3. I DO MY BEST AT BEING A MOM AND THAT IS ENOUGH.
4. MY CHILDREN LOVE ME JUST AS I AM.
5. I PRIORITIZE MY OWN SELF-CARE.
6. SOMETIMES MY HOUSE WON'T BE CLEAN, BUT I AM A MOM FIRST.
7. I KNOW IT IS OKAY TO ASK FOR HELP.
8. MY DREAMS MATTER. I AM CAPABLE OF GREAT THINGS.
9. I DO NOT COMPARE MYSELF TO OTHER MOMS.
10. EVERY DAY I DO MY BEST AND THAT IS ENOUGH.

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WHO IS ERIN HEBERGER?

I'm a Disney-loving mama to Ella and Sammy and furbaby Captain. I left my 15-year teaching career to spend more time with my little ones while building a flexible business from home.

Like most moms, I've navigated the ups and downs of motherhood: the whirlwind of emotions, the mom guilt, and the challenge of balancing work, family, and self care. Going back to teaching after my first baby was a hard transition, and I felt overwhelmed and scattered trying to juggle all the things.

Over the last few years, I started learning simple mindset strategies that helped me feel more grounded, confident, and present. And the more I leaned into those tools, the more I realized something big: our kids can learn these same skills too, in a way that feels fun and age appropriate.

Now I'm on a mission to help other moms nurture positivity, confidence, and joy from an early age so we can raise little ones who believe in themselves and their dreams. Creating this guide has been my way of sharing a few small but meaningful practices you can use with your child, even on the busy days.

Beyond parenting, I'm passionate about helping moms thrive with income flexibility and high-vibe wellness tools that support moms from the inside out. My business has allowed me to pay off debt, navigate an infertility journey that brought me my two miracle babies, and make my extended maternity leave a permanent one, all while keeping family time at the center.

If you're curious about this journey or want to chat mindset, mom life, or building a flexible income, I'd love to connect! Text me at 585.252.9277 or DM me anytime.

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