

# 101 Affirmations for Children

by EVELYN on MARCH 22, 2010

<http://www.abundancetapestry.com/101-affirmations-for-children/>

I compiled a list of affirmations for children recently from a wish to help mine with self-mastery and positive programming . As adults, many of our limiting thought patterns can be attributed to childhood conditioning or having unconsciously adopted negative societal beliefs. While we look for ways to help realign ourselves, how about starting with a better way forward in our children?



## Affirmations For Children in Homemade Flip Cards

Most certainly, we can help our kids with instilling good values, confidence, focus and belief. Positive affirmations for children can do a lot to assist them in developing healthy self esteem. We can also target some for the purposes of having an easier time with their school work.

If you like the idea as well, here is the list which I would like to share....

## 101 Affirmations for Children

1. I can do whatever I focus my mind on.
2. I am awesome.
3. I am very intelligent.
4. I am a fast learner.
5. I am worthy.
6. I deeply love and accept myself.
7. I enjoy learning.
8. Learning is fun and exciting.
9. I understand the lessons taught in school completely and quickly.
10. I believe in myself and my abilities.
11. While I appreciate details, I am able to also see the big picture in things.
12. I have many gifts and talents.
13. I learn from my challenges and can always find ways to overcome them.
14. I am open to possibility.
15. I embrace my fears fully and calmly.
16. I make like-minded friends easily and naturally.
17. I am healthy and am growing up well.
18. I have persistence in what I believe in.
19. Miracles happen to me all the time.
20. I am very creative.
21. Ideas for problem solving come easily and quickly to me.
22. I am a great listener.

23. My family, friends and teachers love me for who I am.
24. I am unique and special.
25. Opportunities come to me in good time.
26. I may make mistakes sometimes but I choose to learn from them.
27. I accept myself even though I sometimes make mistakes.
28. Every day and in every way, I get better and better.
29. My intuition guides me in what I do.
30. I am calm, relaxed and peaceful.
31. I am always in the right place at the right time.
32. I enjoy being, feeling and thinking positive.
33. Problems challenge me to better myself in every way.
34. I trust myself in making great decisions.
35. I am loving kindness to all.
36. I do my best in my work and tasks.
37. I am present.
38. I trust in my ability to solve problems.
39. I enjoy my own company.
40. I accept compliments graciously and openly.
41. I am whole and complete.
42. I enjoy trying new ideas.
43. I embrace changes in peaceful, harmonious and positive ways.
44. I believe I can be whatever I want to be.
45. I can visualize very well.
46. I am vibrant and have lots of energy.
47. I am divinely protected.
48. I am kind, generous and loving.
49. I complete my school work on time every day.
50. I am deserving of love, trust and kindness.
51. I achieve great and successful results.
52. I am brave.
53. I experience beauty wherever I go.
54. I have got an awesome imagination.
55. I am able to solve problems creatively.
56. All is well in the world.
57. I am thankful for my blessings.
58. I have a healthy relationship with my teachers.
59. I choose to forgive all others for any mistakes they have done.
60. I feel confident and secure.
61. I enjoy letting events unfold in good time.
62. I have loving, positive and happy thoughts.
63. I express my ideas easily.
64. I am courageous even when things are unknown to me.
65. I reach my goals easily.
66. I am in charge of my own life.
67. I enjoy playing games with my friends.
68. I am gentle with myself.
69. I have many friends who like being near me.
70. The trees, flowers and birds are my friends.
71. I radiate love and compassion.

72. Miracles happen to me every day.
73. I am on my way to creating great wealth.
74. I am excellent in languages.
75. I am quick and accurate with Mathematics.
76. I am able to analyze and see clearly for problem solving.
77. I read, write and learn fast.
78. I absorb knowledge like a sponge and am able to apply what I have learnt.
79. I do my best for my studies.
80. I am attentive in class.
81. I am a natural in \_\_\_\_\_ (sports).
82. I am on top of my classes.
83. I enjoy challenging myself in new ideas, possibilities and directions.
84. I am a winner!
85. I turn failures into opportunities for success.
86. I handle all my responsibilities and tasks well.
87. I enjoy eating healthy snacks.
88. I love my body.
89. I am honest and trustworthy.
90. I choose to look for the best way forward for myself.
91. I am able to understand and solve complex problem sums or questions easily.
92. I enjoy experiencing life in multiple ways.
93. I love being healthy!
94. I manage my time well.
95. I like being punctual.
96. I enjoy having habits that will help me have a happy, healthy and successful life.
97. I listen to my gut or inner wisdom closely.
98. I am able to easily draw inspiration from nature and life.
99. I believe in my dreams.
100. I have an excellent memory.
101. I am Me, and I am Okay! (Words quoted from Self Esteem Poem by Psychologist Virginia Satir. Featured in my [How to Love Yourself](#) post here).

### **Make Affirmation Cards For Children**



The affirmation cards for my children were made with bright and fun colors. I added some pictures of flowers, stars and patterned paper to a stack of blank cards in blue. I had found the cards lying around and was wondering what to do with them when the idea struck that I should create [affirmation cards on-the-go](#) for them as well.

Create Affirmation Cards: A Weekend or Holiday Project for Your Children?

For ownership, I decided to involve my two girls in the project. My kids helped with sticking the affirmations on and providing some ideas.

Their final feedback? They love it! They enjoy flipping through and reading the cards aloud!