



# Guide to Affirmations

A step by step guide to create  
your personal and family affirmations

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# Introduction



Affirmations are words or phrases one can say that will boost morale or motivate us to make changes.

Additionally, they support positive changes in the environment without using negative or correcting phrases.

They help inspire us to reach an outcome or goal. They support connection and attachment. They improve self-esteem and confidence.

If you want change to happen in your life, affirmations support us on that journey. They provide positivity and allow us to acknowledge our goals without feeling defeated in being able to achieve them.

# My Experience

My family uses affirmations each night!

At the very start of the pandemic being a therapist was a heavy job. It made me irritable and grouchy. I often took that out on my family and gave my all to my clients.

Affirmations helped us go to bed at night with a common goal and a mission. It put positivity in our minds right before bed and supported me in my goal to connect over correct with my family.



## Our Family Affirmations

- Everyone's feelings will be valued and heard
- We will love one another over wanting to be right.
- Hugs, kisses, and tickles will always be offered.
- We will do our best to work and grow together.
- We are a team and there is no I in team.
- We are awesome.

# Examples of Affirmations

Below are examples of affirmations that can be applied to you personally and your family. You'll also find examples based on age groups!

Use these examples and the templates on the following pages to create your own family affirmations!

## Personal Affirmations

- One thing I can commit to doing is.....
- My commitment to affirmations is not determined by other's commitments or ability to follow through..... These are my goals too.

## Family Affirmations

- Everyone in our house or family deserves to feel what.....
- We will succeed as a family if the following happens.....
- I want my family to feel..... about me.
- We are working towards a goal of.....
- As a family it's important that we all feel..... in our home.

## Parent Affirmations

- My goals with my children are that they feel.....
- These 3 things help me when I am triggered or frustrated.....
- I want to show my spouse or parenting partner that they mean..... to me

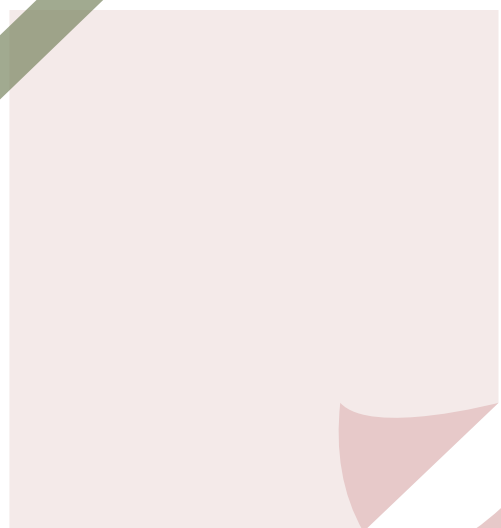
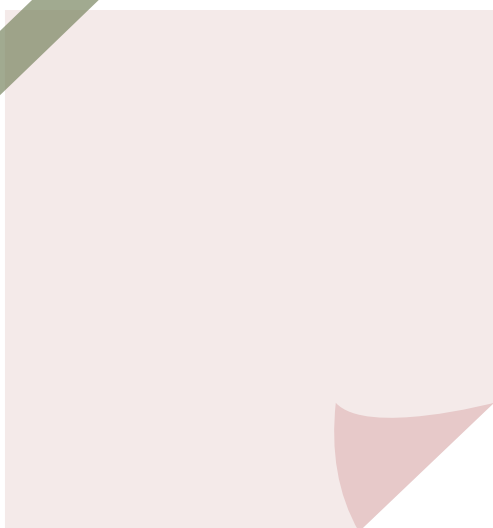
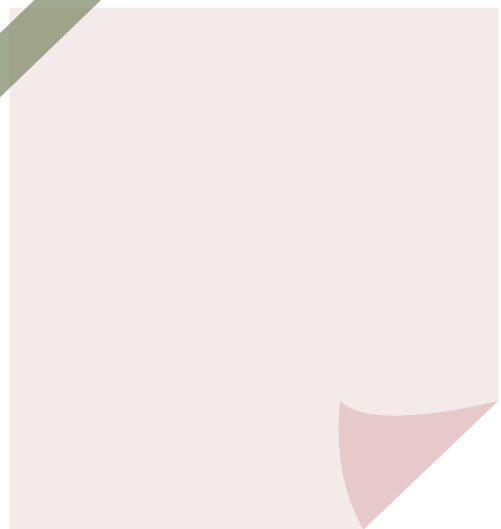
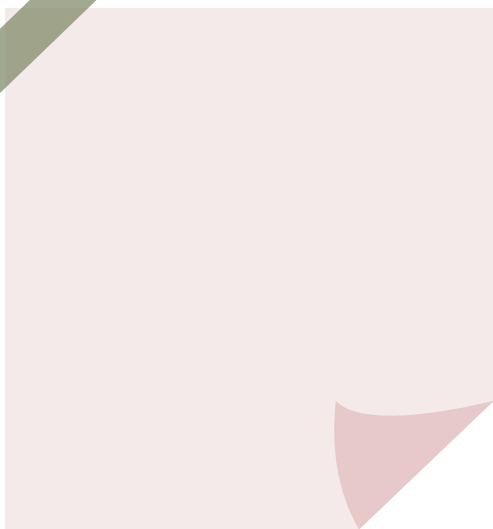
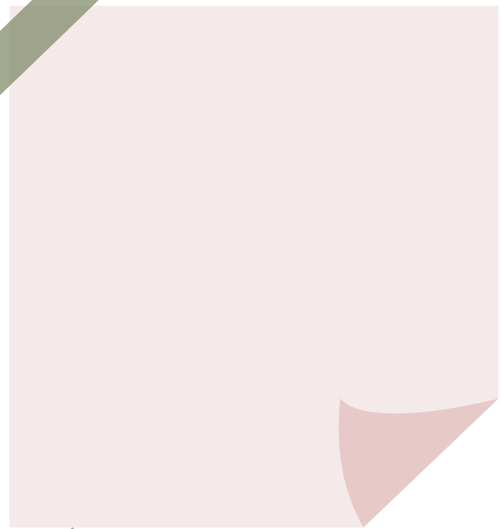
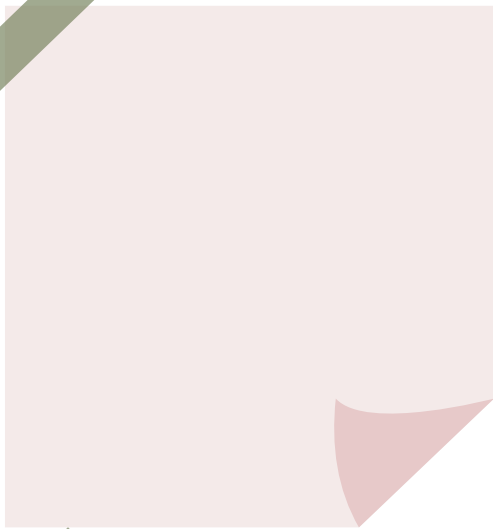
## Teen Affirmations

- I feel respected when.....
- 3 important things my parents can do that make me feel love are.....
- I want my parents to feel that i do..... for them and our family.

## Young Child Affirmations

- I love it when my parents.....
- My family is.....
- My parents are happy when..... happens

# Our Family Affirmations



# OUR FAMILY AFFIRMATIONS

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NEED MORE SUPPORT AND  
RESOURCES?

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