

10 statements of Affirmations to say to your child

- 1. You are very thoughtful**
- 2. You have such a big heart full of kindness**
- 3. You are clever because ...**
- 4. You make very good choices**
- 5. If I were your age I would choose you as my
friend because ...**
- 6. You are beautiful on the inside and outside**
- 7. I am so proud that you are my son/daughter**
- 8. You make the world a happier place**
- 9. What a wise choice you just made**
- 10. That was outstanding**

