

# A Proven Process for Using Affirmations Effectively

We all know that we should think more positively. But, it's not easy to change our thinking. Our thought processes quickly become habits that are challenging to change.

**Affirmations are one way to help your child take control of his or her thinking.** Not only can you teach your child how to think something positive by repeating an affirmation, but you're also avoiding a negative thought at the same time. That's progress!

You might think that you know all about affirmations, but many of the common assumptions are incorrect. Here are a few points to consider:

**The effective use of affirmations can have a positive effect on thoughts and behavior.**

Effective affirmations **must be in the present tense, such as, "I eat healthy food each day."** A poor affirmation is: "I will eat healthy food each day." That statement is in the future tense.

**An affirmation must be positive.** "I don't eat unhealthy food," is an example of our same affirmation stated in the negative, which is not effective.

**Create 3-5 affirmations that address your greatest weakness.** There are thousands of affirmations online or feel free to invent some with your child. Make a list and then **choose a couple that give your child the greatest emotional boost when you read them.**

**Avoid engaging in negative thought patterns and words.** Negative thoughts undo positive thoughts. It's like bailing water from a leaking boat. Real progress cannot be made until the leak stops. If you notice your child having negative thoughts, help to stop them by repeating the affirmations that were created.

**Use affirmations in different forms.** Besides thinking of affirmations children should also:

- Read them.
- Speak them aloud.
- Record and listen to them.
- Visualize themselves acting as if the affirmation is reality.
- Repeat to themselves silently.

**Set aside five minutes, three times each day, to repeat affirmations with your child.**

Affirmations can be done in the shower, driving to school, at lunch, driving home, or in bed at night.

**Be prepared for changed behavior.** Effective affirmations ultimately produce behavior changes. They aren't magic, but they can change one's focus and beliefs.

Give affirmations a chance to work for your child. Use the process to create and practice a few affirmations for the next 30 days. Notice the changes you experience!