

**14 Morning Affirmations  
to Empower your Kids  
to Begin the Day by  
Tuning into the  
Greatest Source of Power  
in all the Universe . . .**

**LOVE!**

**FREE DOWNLOAD**



## **AFFIRMATION 1**

Thank you for this day.

Thank you for my life.

Thank you for my body.

Thank you for my mind.

Thank you for my Spirit.

Thank you, God, for making me ME!

Today is going to be a blessed day!

Amen!



### **SONG SUGGESTION**

This is Me,  
The Greatest Showman

## **AFFIRMATION 2**

Thank you for this day.

Today, and everyday,  
I remember that I am lovable.

I am loving.

I AM Love.

Love is always around me  
and lives inside me.

And I remember ...

Love is the greatest power  
in the Universe!

Amen!



### **SONG SUGGESTION**

Can't Stop This Feeling,  
Justin Timberlake

## **AFFIRMATION 3**

Now, and many times today,  
I will smile.  
When I smile,  
My inner light shines bright.  
And this is important.  
Because my light  
helps brighten up the world!



### **SONG SUGGESTION**

Light Shine Bright,  
Toby Mac

## **AFFIRMATION 4**

I am grateful for this day.  
I am grateful for my life.  
I am grateful I am loved.  
Today, I will notice all things,  
big and small, that make me feel loved.  
Because when I do,  
love fills my up!  
Amen!



### **SONG SUGGESTION**

Hurricane,  
The Vamps

## **AFFIRMATION 5**

I am excited for this day.  
I am open and ready  
for all the blessings,  
for the little miracles,  
coming my way!  
Thank you for this blessed day!  
Amen!



### **SONG SUGGESTION**

Sky is the Limit  
Dwaine Downton

## **AFFIRMATION 6**

Today is a new day!  
When I breathe, I renew my spirit!  
If things come up that bring me down,  
I use the power of my breath.  
I breathe deeply all the way to my belly.  
When I let my air go, I let my worries go.  
Then I think of something good,  
something that makes me happy.  
Amen!



### **SONG SUGGESTION**

Happy,  
Pharrell Williams

## **AFFIRMATION 7**

Thank you for this new day.  
The thoughts in my head are just thoughts.  
They're not me.  
I am the Love that's in my heart.  
And I love knowing that the real me  
is a bright, loving Spirit.  
I AM LOVE.



### **SONG SUGGESTION**

True Colors,  
Justin Timberlake and Anna Kendrick

## **AFFIRMATION 8**

Divine Love is a power that's outside of me,  
beside me,  
and inside my heart.  
Divine Love guides me,  
guards me,  
protects me,  
and loves me.  
Today and always.  
I am grateful and open to this Love.



### **SONG SUGGESTION**

Stand in the Light,  
Jordan Smith

## **AFFIRMATION 9**

Thank you, God, for creating me as me.  
Thank you for the special things inside me  
that make me me.  
I discover them  
as I learn what brings me joy!  
Feeling joy is one of my inner superpowers.  
I let joy help me make choices each day.  
I am excited for today!  
Amen!



### **SONG SUGGESTION**

Firework,  
Katy Perry

## **AFFIRMATION 10**

Good morning!  
Today is a good morning.  
I smile because I'm grateful for this morning.  
Today, I will carry my smile with me  
throughout my day  
because when I smile,  
I feel happy  
and I might help others feel happy.  
Thank you for this day  
and for the power of my smile!



### **SONG SUGGESTION**

One of Those Days,  
Little Big Town

## **AFFIRMATION 11**

Today I will treat myself with  
loving kindness.  
Because I am loving kindness.  
And I will share loving kindness  
with everyone around me.  
Thank you for this awesome day!  
Amen!



### **SONG SUGGESTION**

It's a Beautiful Day,  
Jamie Grace

## **AFFIRMATION 12**

I am a light in the world.  
No matter what anyone else may say,  
No matter how different I may seem or feel,  
I remember that  
I was created with Love.  
I am unique.  
I am beautiful.  
It's safe to be me.  
And no matter what, I am loved.  
Today, I shine boldly and brightly!



### **SONG SUGGESTION**

Who Says,  
Selena Gomez

## **AFFIRMATION 13**

Thank you for this good day!  
Today I will treat myself with love.  
I will treat myself with kindness.  
I will treat myself with gentleness.  
And I will treat others the same.  
I like knowing that I others  
should treat me this way, too.



### **SONG SUGGESTION**

Feel the Light,  
Jennifer Lopez

## **AFFIRMATION 14**

Thank you for this day.  
Today I remember that the Earth  
holds me and supports me.  
When I stand, I hold my head up,  
drop my shoulders  
and breathe in confidence.  
From this place,  
confidence bubbles up inside me.  
And I carry it with me  
throughout the day!  
I am grateful, strong, and powerful.

Amen!



### **SONG SUGGESTION**

Unstoppable,  
Sia