

14 Morning
Affirmations for *Your
Kids* to Start Your
Day the
Love-Motivated
Way!

FREE DOWNLOAD



Love-Motivated Lifestyle

**Raise Your Kids to Feel Healthy
and Happy from the INSIDE Out!**

Affirmation 1

Thank you for my life ...
for my body,
my mind,
and my Spirit.
Thank you, God, for me.
Amen!



SONG SUGGESTION

This is Me,
Keala Settle, Kesha & Missy Elliott

Affirmation 2

Thank you for this day.
Today, and everyday,
I remember that I Am Love.
I am worthy and deserving of love.
And I remember ...
the more I treat myself with
love and kindness,
the more love and kindness
I'll have inside my heart to share with others.



SONG SUGGESTION

You Say,
Lauren Daigle

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 body, my mind and my spirit!
Amen!



SONG SUGGESTION

Hurricane,
The Vamps

Affirmation 5

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



SONG SUGGESTION

Sky is the Limit
Dwayne Downton

Affirmation 6

Today is a new day, a fresh start.
Every breath I take
clears and renews my spirit!
If things come up that bring me down,
I use the power of my breath.
I inhale deeply through my nose into my belly.
When I exhale, I let go.
Then I think of something good,
something that makes me happy.
When I find this difficult.
I am gentle with myself
and keep practicing.



SONG SUGGESTION

Rise Up,
Andra Day

Affirmation 7

Thank you for this new day.

Today I remember,

I am not the thoughts in my head.

I am the Love that's in my heart.

And I love knowing that the real me

is a whole, beautiful 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 helping me
see the special qualities that make me me.

I discover them
as I learn what brings me joy!
Finding joy is my inner superpower.

I let joy guide my way!
I am excited for the day!

Amen!



SONG SUGGESTION

Firework,
Katy Perry

Affirmation 10

Good morning!

Today is a good morning.
I smile with gratitude for this good morning.

Today, I will carry this smile with me
and remember that today is a good day.

A day for me to enjoy.
A day for me to appreciate.
Thank you for this good day!



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 blessed 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 express myself.
It's safe to be me.
Because no matter what, I am loved.
Today, I shine my light boldly and brightly!



SONG SUGGESTION

I Am Light,
India Arie

Affirmation 13

Thank you for this good morning.

Today I treat myself with love.

I treat myself with compassion.

I treat myself with gentleness.

I like knowing that I am worthy

of acceptance,

of patience,

and of respect

from others

and from myself.



SONG SUGGESTION

Unwritten,
Natasha Bedingfield

Affirmation 14

Thank you for this day.

Today I remember that the Earth is always

holding me, supporting 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!

For this, I am grateful, strong, and powerful.

Amen!



SONG SUGGESTION

Unstoppable,
Sia