
MILL ACADEMY AFFIRMATIONS

The Mill Academy understands that behind every successful student are loving, supportive parents and family structures, because the process of education is initiated within the home.



We acknowledge that parents are the first teachers and thus the foundation of how students succeed in school and in life.

The active presence of parents in the lives of our students is critical to their learning journeys. Children are more likely to live up to what their parents believe of them than anyone else. It is therefore imperative that parents speak positive words into the lives of our students. At Mill

Academy, we seek to assist parents in actively enhancing the potential of their children by encouraging daily affirmation exercises.

“There is no problem or obstacle you cannot overcome with faith, positive thinking, and prayer.”¹ Positive affirmations of support and praise can be employed by parents to build and renew self-esteem within their children. Positive affirmations are the statements we hope our parents will recite with their children to help cultivate a positive healthy mental attitude and improve their mental fitness.

As our children exude confidence, they will begin to take control of their learning and thus exhibit a clear understanding of intrinsic rewards as opposed to extrinsic. Our students will become more conscious of the “self” as they open their hearts and minds to endless possibilities through the reinforcement of positive affirmations.

¹ Peale, Norman: https://www.shortform.com/summary/the-power-of-positive-thinking-summary-norman-vincent-peale?utm_source=bing&utm_medium=cpc&msclkid=c929850afc151e0d6e16e14c80d46df0



Figure 1: Some affirmations from Mumtastyclife.com

Positive affirmations can be beneficial to:

- *Improve your self-worth.*
- *Cultivate a positive self-image.*
- *Improve your physical health.*
- *Change negative thinking.*
- *Transform low self-esteem.*
- *Boost your self-confidence.*
- *Improve your mental health and fitness.*
- *Develop your problem-solving abilities.*

How Do You Use Them?²

Affirmations are simple to use. You find a negative belief that you wish to change and create a simple statement to challenge it. You then say that statement every day, as many times as possible. Quick example: If you are working on becoming a calmer parent, you could use the phrase, “I am calm and in control”. You repeat this at different times of the day, and you can use it to deescalate a situation when you feel yourself losing patience. Say your chosen affirmations each day, using cards or journals. Use the time you have with your child to reassure each other

² Adopted from: <https://mumtastyclife.com/positive-affirmations-do-they-work-and-how-long-does-it-take/>



with affirmations of love, kindness and support. Feel free to have your own affirmations to set a good example for your children.

Self-Esteem Affirmations for Children

- *Loving others is easy when I love and accept myself.*
- *I love and approve of myself.*
- *I am confident and brave.*
- *I trust the choices that I make.*
- *I deserve all that is good.*
- *My self-worth is not tied to my abilities.*
- *Other people do not determine my worth.*
- *I am special and loved.*
- *I can be a positive leader to others.*
- *I am proud of myself and my accomplishments.*
- *Mistakes help me learn and grow.*
- *I am a problem-solver.*
- *I have great ideas and go after my dreams.*
- *As I say yes to life, life says yes to me.*

Affirmations for Motivating Children

- *I will do great things today.*
- *I am strong enough to complete this task.*
- *My brain and body are powerful.*
- *I like to be challenged so that I can grow.*
- *I can accomplish anything I set my mind to.*
- *A fresh start is always possible.*
- *I may fail, but I will continue to try until I succeed.*
- *I will not give up.*
- *I am capable of doing hard things.*
- *I can ask for help when I need it.*

Self-Love Affirmations

- *I am worthy of love.*
- *My body is beautiful and strong.*
- *I have good friends who love me.*
- *Today, I will be kind to myself.*
- *I am in control of my own happiness.*
- *I am grateful for the good things in my life.*



- *I am a gift to those around me.*

Some Affirmations for Parents³

We encourage our parents to use the following uplifting messages to manage and change your negative thought patterns to create a healthier approach to life:

1. I am enough. I have enough.
2. I am in the right place, at the right time, doing the right thing.
3. I can do hard things.
4. I allow myself to be more fully me.
5. I believe in myself.
6. I am grateful for another day of life.
7. I am worthy of what I desire.
8. I choose myself.
9. I am resilient in the face of challenges.
10. I am proud of myself and my achievements.
11. I will accomplish everything I need to do today.
12. I do my best, and my best is good enough.
13. I prioritise my well-being.
14. I overcome my fears by getting out of my comfort zone.
15. I am capable of love, and I am loved.
16. Money comes frequently and easily to me.
17. I trust my inner guidance and follow it.
18. I accept my emotions and let them move through me.
19. I take care of myself, mind, body, and spirit.
20. I trust myself to make the right decisions.
21. I give myself permission to take up space.
22. I use my voice to speak up for myself and others.
23. I trust that I'm heading in the right direction.
24. I allow myself to make mistakes as they help me to grow.
25. I accept myself exactly as I am without judgment.
26. I have everything I need to achieve my goals.
27. I am constantly generating brilliant ideas.
28. I am safe and supported.
29. I love and accept myself.
30. I am kind to myself and others.

³ Adopted from <https://www.betterup.com/blog/positive-affirmations>.