



Affirming yourself

For affirmations to work, you need to believe that you can change how you think about yourself. You want to shift from “I’ll try this to see if it makes a difference” to “I can do this”. Be positive. Feeling positive thoughts brings you more energy than feeling negative thoughts.

Suggested affirmations

I am excited about my learning.

I have my goals and know I can achieve them.

I know I have the potential to learn well.

I enjoy understanding what I need to do to learn.

I have all that I need to learn.

I am ready and able to learn.

To order the book, *Move the Body Stretch the Mind*, follow the link to
www.windsoundlearning.ca