

SUPERHERO POWER POSE

The way we hold our bodies and our posture influence how we feel and think about ourselves. When you combine the “superhero power pose” with a positive statement, it is a fantastic way to connect to your internal strength and set powerful intentions for your day.

Put your hands on your hips and stand in front of a mirror with your feet shoulder-width apart. Practice saying each affirmation out loud. Smile at yourself and hold these words to be true.

20 GROWTH MINDSET AFFIRMATIONS

One of the most effective ways to introduce children to a growth mindset is through positive self-talk statements and affirmations.

When you are **mindful**, you are aware of your thoughts right now! Affirmations are statements about yourself that help you build self-esteem by changing your negative thoughts into more positive thoughts. They allow you to feel good about yourself and help you embrace your positive qualities. Affirmations can be motivating, supporting or helpful to you by empowering your thoughts. It is like giving yourself a pep talk. Pull it from deep inside you.

Use the words “I am” or “I can”.



1. I CAN DO HARD THINGS.
2. I CAN ASK FOR HELP.
3. I AM POWERFUL.
4. I CAN AND I WILL.
5. I AM AMAZING.
6. I AM KIND.
7. I AM PERFECT JUST THE WAY I AM.
8. I AM JOY.
9. I AM ENOUGH.
10. I AM PROUD OF MYSELF.
11. I CAN DO FUN THINGS.
12. I AM CONFIDENT.
13. I AM HAPPY.
14. I AM SMART.
15. I AM A GOOD FRIEND.
16. I CAN TRY AGAIN RATHER THAN GIVE UP.
17. I AM STRONG.
18. I CAN CONNECT WITH MY HEART.
19. I AM BRAVE.
20. I AM SPECIAL.

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