Affirmative Parent Mini Journal

Positive Affirmations and Thought-Provoking Prompts to Recenter Your Emotions

Sandra L. Thompson

www.SandraLThompson.com

This journal is for personal use only. Not for resale or duplication without permission.

Affirmations for parents are more than positive thoughts. They can retrain our subconsciousness to help increase our motivation to solve problems, find joy in our circumstances, and accept ourselves as we are.

This mini journal is a 7-day focus plan to help you recenter your emotions. Each day select an affirmation that resonates closest to your current mindset. When you select the affirmation, say it out loud several times in the morning, in the evening, and anytime you need a reminder. Repeat it to yourself throughout the day, out loud if possible. Make time to complete the journal prompt on the same day. The journal prompts are meant to ground your emotions and thoughts.

Sometimes, an affirmation may feel like a "lie" at first, as you may not feel the way your affirmation says you do. To help make it feel true, remind yourself of a time you did feel that way so you remember it's possible.

This journal is for personal use only. Not for resale or duplication without permission.

Parent TAKE BACK
Reclaim Your Parenting Joys
www.SandraLThompson.com

AFFIRMATION

I focus on progress, not perfection.

JOURNAL PROMPT

Progress makes me feel

This journal is for personal use only. Not for resale or duplication without permission.

AFFIRMATION

My past does not define my parenting values.

JOURNAL PROMPT

As a parent, I will not allow

This journal is for personal use only. Not for resale or duplication without permission.

AFFIRMATION

Being a parent brings me joy.

JOURNAL PROMPT

Failure teaches me

This journal is for personal use only. Not for resale or duplication without permission.

AFFIRMATION

I am doing the best I can.

JOURNAL PROMPT

My best is

This journal is for personal use only. Not for resale or duplication without permission.

AFFIRMATION

I am forward moving
in all areas of my life.

JOURNAL PROMPT

Moving forward brings progress when

This journal is for personal use only. Not for resale or duplication without permission.

AFFIRMATION

If I expect a change,
I must change first.

JOURNAL PROMPT

I need to work on

This journal is for personal use only. Not for resale or duplication without permission.

Thank you for downloading this mini journal. I hope it was useful and helpful.

This journal is a snap shot of the full version containing 100 affirmations to help you recenter your emotions.

About the Author

Sandra L. Thompson is a Life Skills Specialist and Parent Coach with expertise in positioning families with differently abled members for success and helping parents reclaim their parenting joys. Supporting parents to experience joy through challenges is one of her many talents.

Contact Sandra to learn more about her services at www.SandraLThompson.com

This journal is for personal use only. Not for resale or duplication without permission.