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| **User Guide:** When you first start saying your [positive affirmations](https://trainersboxmedia.weebly.com/words-that-makes-your-brain-happy.html), they don’t necessarily have to be true, but as you continuously repeat them, they begin to sink into your [subconscious m](https://trainersboxmedia.weebly.com/understanding-your-subconscious-mind)ind, you really start to believe them, and eventually they become your reality. This is because; by time, your positive affirmations will replace any limiting or negative beliefs you may have had about yourself. In effect, positive thoughts and beliefs enable you to reprogram your mind and instill behaviors like confidence, positivity and control over your life; allowing a real transformation to happen.  **How to Get Started:**   Print this page and put it in a place where you can see it every day, e.g. on your mirror, on your desk, next to your bed, etc.   Put yourself in a quiet and relaxing environment, shut out any source of noise or distraction. Seat or lay yourself in a relaxed position.   Take your time to get into a [deeply relaxed mode, y](https://trainersboxmedia.weebly.com/relaxation-workshop.html)ou can start to take deep, slow breaths and may want to close your eyes for a little while. Focus on your breathing pattern and slow down your thinking.   Have your affirmations in-front of you, written down or printed out – especially if it is a new set.  Say your affirmations one by one. Say them in a loud voice or in your head. If you read them aloud keep a slow, confident tone of voice. Read each affirmation as if it is actually real or is already happening. Repeat the ones that stir positive ideas or feelings in you. You can record your voice and listen to yourself when you are practicing.   Try to visualize what you say.   Schedule time in your agenda (5- 10 minutes), preferably daily, to do this. Best times are right before you go to bed or right after you wake up; this is when your subconscious mind is mostly alert while your conscious mind would be too tired to resist or debate your positive suggestions.  You will notice a great improvement in your mood, self-belief and determination to make positive changes *happen* in your life. Before you can change your life you need to change how you think. It's up to you and no one else. |





I am a great dad

Fatherhood is a spectacular and wonderful experience

I am proud of my achievements as a dad

My kids are my greatest assets

My children look up to me

My children need and love me

I am a source of positive inspiration for my spouse and my children

My greatest legacy in life is the success of my children

The more love I give to my family, the more there is for me to receive

My effort as a father blooms one day after the other

I make wise decisions that are beneficial to me and to my family, now, and in the future

I devote time daily to helping my kids with their personal development

I am a positive role model for my children at home and work

I help in creating a positive environment for my family at home

I always keep my promises to my children

I take care of my health and follow a healthy diet to be fit for my mission

I am a problem solver; I focus on finding solutions to the problems in my way

I see the good in my wife and children

I am flexible and tolerant in my relationships at home

I understand that habits make a person and I help my children develop good habits

I make decisions and am strongly aware of their possible long-term results

I like to observe my children and enjoy understanding their characters

I respect the differences between me and my kids

My family relationships are filled with love, joy and fun

I strive for well-rounded development in each of my children

My marriage and family are the most sacred aspects of my life

I am committed to be a good father in a strong family