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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, and I am getting better at it every day

I am building lifelong memories with my kids

I am the best dad, in the eyes of my kids

I am bringing up my kids to become amazing people

I succeed as a parent every day

I have the right friends to help me raise my kids in a healthy, family environment

I am blessed with a beautiful and healthy family

My children will understand the sacrifices I have made for them as time goes by

I am a good person and will pass all this goodness onto my children

The more my children mature, the more they appreciate my role as their guide

I give my children the gifts of life and opportunity

My children are lucky to have me

I listen to my children and meet their needs

I learn from my mistakes and become a stronger and better father to my kids

I am totally aware of the emotional needs of my kids

Today and every day, my knowledge as a father grows

Today and every day, I show my kids that a man can be both strong and caring

My kids love me with all my limitations and know I am doing my best

I coach and counsel my kids every day

I have everything my kids need to be nurtured and thrive

My kids fully confide in me

I have my kids back when they are in trouble

I will trust my kids in making decisions about their future

Me and my kids share a bond of unconditional love

The success and happiness of my kids is my greatest legacy

Today and every day I honor the role of fathers in the world

Today and every day I recognize that fatherhood is the biggest game of my life!