



AUTHENTIC ARMOUR  
philosophy + lifestyle

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AFFIRMATIONS:  
PARENTING

# WHAT ARE AFFIRMATIONS?

Affirmations are positive statements or phrases that you repeat to yourself regularly to reinforce a desired belief, behaviour, or outcome. They are used to challenge and overcome negative thoughts and beliefs, replacing them with more empowering and constructive ones. Affirmations are often used in practices like positive thinking, self-improvement, and personal development to help individuals cultivate a positive mindset, boost self-confidence, and manifest their goals and desires.

By consistently repeating affirmations, individuals can reprogram their subconscious mind and create a more positive and supportive internal dialogue.



Repeat these affirmations regularly to remind yourself of your strengths as a parent and to cultivate a positive and nurturing mindset. They will help you navigate the joys and challenges of parenthood with love, patience, and resilience.

- I am a loving and capable parent, doing the best I can for my children.
- I trust my instincts and intuition to guide me in raising my children.
- I create a safe and nurturing environment where my children can thrive.
- I am patient and understanding, even in challenging moments with my children.
- I lead by example, showing my children the values of kindness, empathy, and resilience.
- I celebrate my children's uniqueness and support them in pursuing their passions and interests.
- I communicate openly and honestly with my children, fostering trust and connection.
- I am present and attentive, cherishing each moment with my children.
- I provide my children with the love, support, and encouragement they need to succeed.
- I am grateful for the privilege of being a parent and cherish the bond I share with my children.

