

# 14 Days of Positive Parent Affirmations



**THE Behavioral Wealth PROJECT**  
CREATING HEALTHY BEHAVIORS THROUGH AWARENESS AND LITERACY

## Introduction

Dr. Radhia Afif created The Behavioral Wealth Project LLC in 2019 after years of working with children and families in the home, school and community. As a Licensed Behavior Specialist and Therapist, Dr. Afif took notice of the generational patterns of behavior which negatively impacted families. As a way to support children and families she decided to start a business to focus on building trusting relationship and supporting families through awareness and literacy. Dr. Afif has worked to develop workshops, books, programs and services to support children and families reach their individual goals and increase quality of life.



14 Days of Positive Parent Affirmations is geared towards supporting parents specifically. The parenting journey can be confusing, tiring, and overwhelming yet rewarding. The goal of 14 Days of Positive Parent Affirmations is to support parents in building confidence and also increasing positive self-talk. Affirmations help us to reframe our thoughts and how we view ourselves and the world. Doing this exercise consistently can have a very positive impact on how we go through life on a daily basis.

For best results read one affirmation per day, repeat it a few times, and journal about how you feel. Keep track of your behavior, mood, and responses from start to finish. Repeat the 14 days as many times as you need. Your thoughts are powerful! You are powerful!

1

I am a great parent and I always do my best with the resources I have.

Don't underestimate your strength, skills, and abilities as a parent. There will be days when you feel like you are not your best and days you feel powerful. Continue to focus on those days where you feel powerful and know that even when you have "bad" days you are still doing your best. You rock!

2

I release anything that does not benefit me or contribute to the life I want to live.

First, let's consider the goals and vision you have for your family. Do you want to be a family that travels, has family game night every week, goes out on adventures together etc.? Write down some goals or visions for your family and start to behave in a way that will align with those goals.

3

I am celebrating the process as I make my way towards my goals.

There's no rule of celebration. As you make small and big steps towards your goals make sure you recognize these wins and celebrate yourself. Don't be shy, do it big!

4

I deserve to take time for me. I will take time for me.

Self-care is not selfish. As parents we are told to put our children first truth is, if we aren't good neither are our children. All of the stress and frustration you build up can be transferred to your children if it's not address. So, schedule that massage and facial. Plan a night out with friends. Take care of you!

5

I feel good about the decisions that I make even if I want to change my mind later.

Okay maybe you read that parent handbook or googled “how to parent” a few times but let’s be real there is no handbook to prepare us for parenthood. There will be choices and decisions you make today that might change next month (or next week). Feel good about the decisions you make for your family as long as you’re making them with good intentions for your family. If you change your mind later that’s okay too. Be patient with the process.

6

Today will be amazing. I claim happiness, clarity, and prosperity in my life and the life of my family.

Being intentional about how you start your day is so important. When you think positive things, you will automatically attract positive things also. Claim your happiness, take hold of your happiness, be happy on purpose!

7

## I am fearless. My fears will not dictate my life.

There are days when fear, stress, and worry will make us feel like we are in a dark place. Although fear is normal, we don't have to stop our lives and give into it. Fear does not have to stop us from being great and continuing on with things we want to achieve in life. Do it with fear and feel that freedom take over you!

8

## I am strong enough to ask for help and support

Some think that being strong is doing everything alone and never needing or asking for help. Being strong means that you are able to ask for support when needed. Reach out to other parents, family, friends, support groups etc. There are also a ton of Facebook groups for parents. Build your support system if you don't already have one.

9

## My children are a positive reflection of me

Children are individuals and their personalities will vary depending on their environment but overall, they are a reflection of you. Think of all the positive characteristics of your child, be proud that you have modeled this for them and contributed to their growth and development in a positive way.

10

## I am in control of my life and my choices

While there are many outside influences (social media, friends, and family) on how to raise a child and what you should and shouldn't do, the final choice is yours. You have full control over the decisions and choices you make in your life and pertaining to your children. This does not mean that you never listen to anyone else, but it means that you can take the information and continue to make the best decisions for you and your family.

11

## I am grateful for the life I have, the good, bad, and everything in between

Some people believe that we should only be grateful for the good things. However, we should be grateful for all things in our lives as it all can be a way for us to grow. Things that we consider failures are actually lessons as long as we learn from them and continue to grow in a positive manner.

12

## I am in control of my happiness

Our moods can be changed quickly based on different life situations that are happy, sad, frustrating etc. It's important that we maintain control of our happiness even when things are not going our way. Take a few minutes (1 minute or 60, lol) to work through your feelings, breathe, and regain your control. If we continue to let outside things change our moods, we will struggle to hold on to our happiness.



13

I work on myself daily. I am always willing to learn and be better

We all grow daily as we learn new lessons and experience life. Be open to learning new things, being right and wrong, looking at things from a different perspective, and applying these new lessons in life. Change is good, growth is good these are the things that help us have a successful life.

14

I am patient in my process as I learn, grow, and change as a parent.

Growing as an individual takes time, add being a parent to the equation and that's even more time to learn and go through your process. Be patient with yourself as you do some things right, do some things wrong, and figure out your individual path. There is no race to the finish line as long as you are moving towards your goals.



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