

TURN NEGATIVE LABELS INTO POSITIVE AFFIRMATIONS

WHEN WE TELL OUR CHILDREN:

"DON'T BE SO BOSSY!"
"WHY ARE YOU SO MESSY?"
"STOP BEING SO SENSITIVE..."



WHAT THEY LEARN IS:

"I'M BOSSY."
"I'M MESSY."
"I'M SENSITIVE."

THESE LABELS BECOME THEIR INNER VOICE.

HERE'S HOW TO REFRAME

☁ SHY	→	TAKES THEIR TIME TO KNOW SOMEONE	☁ QUIET	→	THOUGHTFUL, CONSIDERATE
☁ MESSY	→	CREATIVE	☁ STUBBORN	→	PERSISTENT
☁ SENSITIVE, EMOTIONAL	→	EMPATHETIC	☁ BOSSY	→	HAS LEADERSHIP SKILLS
☁ DEMANDING	→	ASSERTIVE	☁ LOUD	→	ENTHUSIASTIC
☁ RIGID	→	ORGANIZED	☁ RESTLESS	→	ACTIVE
☁ PICKY	→	SELECTIVE	☁ DRAMATIC	→	EXPRESSIVE
☁ WILD	→	ENERGETIC	☁ NERVOUS, FEARFUL	→	THOUGHTFUL, CAREFUL

BONUS TIP

If your child struggles with self-image, ask them **what they like about themselves** and turn it into their daily affirmations (they'll be more likely to stick).

"I AM FUNNY."

"I AM GREAT AT LEARNING NEW THINGS."

