



How to Create Positive Affirmations

At Gabberdaberdo, we believe words matter—especially the ones we say to ourselves. Whether you realize it or not, the thoughts and words you focus on each day help shape your mindset and your experiences. That’s because what we give our attention to tends to grow.

Positive affirmations are a simple but powerful way to gently guide your thoughts in a more hopeful, confident direction. When you choose a positive statement and repeat it regularly—and truly believe it—you invite more positivity, confidence, and calm into your life.

Your words carry real power. When used with intention, affirmations can help you build confidence, shift your perspective, and even accomplish things you once thought were out of reach. The key is believing what you’re saying. Let’s walk through how to create affirmations that feel real, meaningful, and achievable.

Step 1: Identify What You Want

Start by thinking about what you truly want—whether it’s more patience, confidence, peace, or balance. Ask yourself: What would make my days feel happier or more fulfilling?

Write your thoughts down freely. This step isn’t about figuring out how or when things will happen. It’s simply about being clear on what you desire.

Step 2: List the Attributes You’ll Need

Once you know what you want, think about the kind of person you need to be to reach that goal. These are qualities, not actions. For example: calm, confident, focused, patient, or resilient.

Write down four to six attributes, then circle the ones that feel most important. These will become the heart of your affirmation.



Step 3: Write Your Affirmation

Now it's time to bring everything together. Create a short statement—one or two sentences—that feels positive, encouraging, and believable. Your affirmation should sound like something you can truly grow into. If it feels tricky, that's okay. Jot down a few versions and say them out loud. The right one will feel supportive—not forced.

Step 4: Practice Your New Affirmation

Affirmations work best when they're repeated consistently. Try saying yours every day—out loud or quietly to yourself. You can set a reminder on your phone, use it as your phone background, write it on sticky notes, or place it somewhere you'll see often.

There's no “right” way—just choose what fits into your daily routine. Positive affirmations are a gentle but powerful tool for creating the mindset you want for yourself and your family. When practiced with belief and consistency, they can help you grow into the future you're working toward—one kind, encouraging thought at a time.

✨ **You already have the power—you're just learning how to use it.**



Printable Positive Affirmation Worksheet (Parent-Friendly)

You can introduce this in your blog as a free or bonus printable to help parents slow down and reflect.

☀ My Positive Affirmation Worksheet

Step 1: What Do I Want More Of Right Now?

Take a quiet moment and think about what would make your days feel lighter or happier.

✎ Write it here:

Step 2: Who Do I Need to Be to Get There?

Circle or write 4–6 qualities you want to grow into.

(Examples: calm, patient, confident, kind, focused, peaceful)

✎ My attributes:

- _____
- _____
- _____
- _____
- _____

★ Circle the 2–3 that feel most important right now.



Step 3: Create My Affirmation

Use positive words and write as if it's already happening.

💬 My affirmation:

Step 4: Practice & Repeat

Choose how you'll use your affirmation daily (check one):

- Say it out loud each morning
- Place it on my phone background
- Put it on a sticky note
- Read it before bed

🌟 Small words repeated daily can create big changes.

Example Affirmation:

"I am learning every day. I do my best, and that is enough."

We don't have to have everything figured out. Some days are messy, loud, and exhausting—and that's okay. This affirmation reminds us that growth happens one step at a time, and doing our best truly is enough.