

AFFIRMATION DOODLES

Self – talk is a powerful thing and it is something we are working with all the time and sometimes are unaware of. The words we say, thoughts we have and beliefs all contribute to create our experiences.

Teaching PRETEENS and TEENS to be aware of thoughts and how they can affect our mood and what happens both in and around us is a wonderful tool of empowerment to build self-confidence, resilience and happiness. Being aware of both words and thoughts provides them with the knowledge that they have choices in each moment, how to think, speak and then can help them to create their own inner and outer joy in life.

Teaching them to repeat positive statements about themselves can help to support them. The daily repetition of an affirmation shifts the mindset, affects the subconscious mind and can help to diminish negative thoughts or perceptions they may be experiencing.

Whether it is trying to deal with anger, needing to find courage to overcome a fear about doing something that seems scary, feeling upset about a broken friendship or acquiring the confidence to pass a test any positive statement that supports this can provide relief. It takes their attention away from the thought so it doesn't become a recurring loop. This can help to transform it in the process leading them to be the creators of their own self-confidence.

MINDFUL DOODLING is the perfect combination of creativity and affirmations that support the important practice of SELF-CARE! When the mind and body are relaxed, we are both open and receptive. Mindful doodling offers a way to unplug from the busyness, get into the zone and flow with your creativity. Also providing a way to tap into calming the parasympathetic nervous system and pausing for a moment

Thank you so much for your time and energy and I hope you have a wonderful time DOODLING. If you love this activity then please head over to my ETSY SHOP where you can find even more, '**AFFIRMATION DOODLES**'.

©Creative Yogis 2022



I value and love myself

