

Affirming Thoughts

Inner Child Affirmations script

Instructions

Guided by the content as described online, read the following instructions to lead this simple mindfulness exercise.

Here's a suggested script you can follow and adapt as required:

- Once you are seated comfortably, take these next few seconds to relax.
- Close your eyes.
- Let us take a few deep breaths to relax and shift your attention to the present moment.
- Now, I want you to imagine your younger selves.
- What is something you wish you knew then that you know now?
- What is one piece of advice or affirmation you would give to your inner child? Write it down on your paper.
- Childhood is a tremendous growth period. For some, it's more difficult than others.
- Allow yourself to forgive and love your inner child and bring peace to anything that you are ready to let go of.
- You are now strong, full of love, and capable of anything.
- How would your inner child feel about where you are now and how far you've come?
- Write down these affirmations on your paper and read them to yourself a few times. You don't need to read them out loud.
- Remember that affirmations are positive statements about yourself that you say are true. They should always start with "I" and should never use words such as "not."
- Your affirmations should also be in the present tense, the now.
- When you finish writing, fold up your paper and put it into the bowl.
[allow some moments to pass for your group to be ready]
- Now, each of you may pick a slip of paper from the bowl and read it out loud to the group. Remember, there is no judgement here.
- Let us take some time for reflection and discussion.

Source

This guided mindfulness activity was inspired by Lisa Hughes and the [Affirmations Worksheet](#) by RootedWellness.