



My Diary: With Positive Affirmations

Mrs. Tina A. Hull

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My Diary- is a blank diary with lines to keep things neat. It has positive affirmations for girls who may need a boost in their confidence. The affirmations are repeated every 10 days so that your child will begin to believe that she is amazing, wonderful, smart, beautiful inside and out etc. The repetition is so important in order for the subconscious mind to start believing what they are saying and reading. I know I struggle with this so I wanted my daughters to have a head start. These positive affirmations will help build their confidence, have a positive self-image and help them become strong young ladies.

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