

BACK TO SCHOOL AFFIRMATIONS



FOR STUDENTS

- I know who I am, and who I am is enough.
- Other people may be better at some things than I am, but no one is better at being me.
- It is easy for me to get enough sleep, not worry, and focus on learning interesting things.
- I am open to getting really interested in subjects that look boring at first.
- Everything I need to know jumps into my mind and stays there.
- I have an amazing ability to learn and remember.
- I like my friends the best, and I'm open to making new ones.
- If there's somebody I don't like or understand, I imagine what it's like to be him or her, and then I notice what happens to my feelings.

FOR PARENTS

- Every day I am doing my best to encourage my child.
- I am willing to trust my child's school, teachers, and everybody else to do their best.
- It is easy for me to peacefully communicate my expectations to my child and everybody else.
- Time expands for me as I work to support and transport my child.
- I realize that everyone else's child is as important as mine, while mine is my special gift.
- My child's learning interests may go in an entirely unexpected direction, and this is okay.
- My child's interests will change over time, and this is okay too.
- I remember that I am the bow from which my child, like a living arrow, is sent forth.
- I am emotionally healthy enough to allow my child to be his/her own person.

FOR FACULTY, ADMINISTRATION & STAFF

- My time is organized, my mind is clear, and my intention is set.
- I delight in opening young minds to new facts and experiences, and ever greater self-awareness.
- Every student is a joy in my life, including those who may seem troubled.
- I know what to say and do to support and encourage my students and all others.
- I enjoy a cheerful collegial relationship within everyone on my campus.
- I feel myself to be a part of a larger enterprise through my work: the healing of the world.
- Constantly I am learning both inside and outside of my chosen field of expertise.
- No matter how long I have been at this work, every day refreshes and re-inspires me.
- If there's somebody I don't like or understand, I imagine what it's like to be him or her, and then I notice what happens to my feelings.

