8 Keys Affirmations

Affirmations—short, positive statements that send *I can* or *I am* messages—can bring about desired changes in your life. Repeatedly stating what is strongly desired as if it were already true causes the brain and emotions to see and feel it as true regardless of the current circumstances. The mind and emotions then work together to transform the mental image into reality. So pick an affirmation and start sending those positive messages to your brain! Make sure that little voice in your head is supporting you, not blocking your progress.

Here are affirmations for all the 8 Keys. We’re including all age groups so you can share them with your family.

INTEGRITY – Match behavior with values.
*Demonstrate your positive personal values in all you do and say. Be sincere and real.*

**Ages 12 and up:**
- I have positive personal values.
- My words and actions reflect my values.
- I know myself and I am true to who I am.
- I do the right thing.

**Ages 8 to 11:**
- I know what’s right and wrong.
- I do what’s right—even when no one’s looking.
- I do the right thing.

**Ages 4 to 7:**
- I know what’s right and wrong.
- I do what’s right—even when no one’s looking.

FAILURE LEADS TO SUCCESS – Learn from mistakes.
*View failures as feedback that provides you with the information you need to learn, grow, and succeed.*

**Ages 12 and up:**
- I view failures as feedback and opportunities for growth.
- I take time to learn from mistakes and do better next time.
- I am not fearful of making mistakes.
- I grow by learning from my failures.

**Ages 8 to 11:**
- I know that everybody makes mistakes.
- I learn from my mistakes and try again.
- I grow by learning from my failures.

**Ages 4 to 7:**
- I know that everybody makes mistakes.
- I learn from my mistakes and try again.

SPEAK WITH GOOD PURPOSE – Speak honestly and kindly.
*Think before you speak. Make sure your intention is positive and your words are sincere.*

**Ages 12 and up:**
- I am aware of the power of my words.
- I speak positively—no bullying, no insults, no gossip.
- I make sure my intention is good and my words are sincere.
- I think before I speak and choose my words carefully.
Ages 8 to 11:
- I know that my words can make people feel good or feel bad.
- I don’t say words that hurt others—no put-downs, no bullying.
- I think before I speak.

Ages 4 to 7:
- I know that my words can make people feel good or feel bad.
- I think before I speak and choose kind words.

THIS IS IT! – Make the most of every moment.
Focus your attention on the present moment. Keep a positive attitude.

Ages 12 and up:
- I focus my attention on what I’m doing right now.
- I know I have the power to choose my attitude—good or bad.
- I choose a positive attitude.
- I focus on the present moment.

Ages 8 to 11:
- I know that I can choose to have a good or a bad attitude.
- I focus on what I’m doing right now with a positive attitude.
- I make the most of every moment.

Ages 4 to 7:
- I know that how I feel about what I’m doing is up to me.
- I choose to have a happy attitude no matter what I’m doing.

COMMITMENT – Make your dreams happen.
Take positive action. Follow your vision without wavering.

Ages 12 and up:
- I have meaningful goals and believe in my ability to achieve them.
- I take positive action to move forward toward my goals.
- I persevere—giving up is not an option.
- I give my best effort to achieve my goals.

Ages 8 to 11:
- I have goals that I want to reach and I know I can do it.
- I do my best to reach my goals.
- I don’t give up.

Ages 4 to 7:
- When I decide to get something done, I know I can do it.
- I do my best—I don’t give up.

OWNERSHIP – Take responsibility for actions.
Be responsible for your thoughts, feelings, words, and actions. Own the choices you make and the results that follow.

Ages 12 and up:
- I think about the results of my choices.
- I am responsible for my words and actions.
- I don’t blame others or make excuses for things I do or say.
- I “own” the choices I make and the results that follow.
Ages 8 to 11:
• I think about the results of my choices.
• I don’t blame others or make excuses for things I do or say.
• I “own” the choices I make and the results that follow.

Ages 4 to 7:
• I think about the results of my choices.
• I don’t blame others or make excuses for things I do or say.

FLEXIBILITY – Be willing to do things differently.
*Recognize what’s not working and be willing to change what you’re doing to achieve your goal.*

Ages 12 and up:
• I recognize that things may not always work out as planned.
• I am open to suggestion and change— I am not rigid.
• I adapt to changing situations in order to move forward.
• When something isn’t working, I try something new.

Ages 8 to 11:
• I know that things won’t always go my way.
• When something isn’t working, I listen to other ideas and try something different.
• I am open to suggestions and change

Ages 4 to 7:
• I know that things won’t always go my way.
• When something isn’t working, I’m happy to try something different.

BALANCE – Live your best life.
*Be mindful of self and others while focusing on what’s meaningful and important in your life. Inner happiness and fulfillment come when your mind, body, and emotions are nurtured by the choices you make.*

Ages 12 and up:
• I stay aware of what’s meaningful and important in my life.
• I make positive choices about how I spend my time.
• I balance my activities to nurture my mind, body, and emotions.
• My choices lead to a fulfilling life.

Ages 8 to 11:
• I know that some things are more important than other things in my life.
• I make choices that give me a smart brain, a healthy body, and a happy heart.
• My choices keep me balanced.

Ages 4 to 7:
• I know that some things are more important than other things in my life.
• I do things that give me a smart brain, a healthy body, and a happy heart.