



ABC's OF AFFIRMATION

Build skills, wisdom, and positive identity in your child with ABC Affirmations,
and cultivate a culture of encouragement in your family.

"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things." -- Philippians 4:8

A ACTION - Builds Skills

What positive ACTION(S) did you NOTICE?

Describe it with good detail. Or ask, "What did you do just now that was helpful?" and help your child answer.

Example: "Wow, you paused your video game and came quickly to clean up your backpack, jacket and books. You put them right where they belong!"

B BENEFIT- Builds Wisdom

What were the natural BENEFITS to everyone involved?

Or ask your child, "How was that helpful?"

Example: "When you get off the computer quickly, it really helps keep things peaceful around here, and you keep your privilege for tomorrow."

C CHARACTER - Builds a Positive Identity

What CHARACTER trait did it require?

Or, ask, "What did it take to do that?"

Example: "It takes *flexibility* and *self-control* to stop doing something you love."

These concepts are flexible so you can mix up the order as needed!

Feeling Stuck?

Use these starter questions to look for the positive

QUESTIONS TO NOTICE THE GOOD:

- ☐ What is a smoother part of the day for your family and what do your kids do to make that happen that you might not be noticing?
- ☐ What part of a situation went well, even if the rest was not so great?
- ☐ What strength (or “gift-gone-awry”) might your child be tapping into to get what they want?
- ☐ What didn’t go wrong that might have?
- ☐ What skills does your child have that might be a bridge to other skills?

QUESTIONS TO DISCOVER THE BENEFIT:

- ☐ How did the action benefit your child or someone else?
- ☐ How might the action benefit your child or someone else in the future?
- ☐ What would happen if your child practiced this action until it became easier and more natural?
- ☐ How did your child feel when they were a blessing to someone else?
- ☐ Does the action care for God-given possessions or the environment?

Focus is Fertilizer

42 positive character traits to grow in children

Adventure	Dedication	Helpfulness	Overcoming Adversity
Believing in yourself	Determination	Honesty	Patience
Boldness	Dignity	Humility	Perseverance
Caring	Diligence	Humor	Positive Attitude
Charity	Discipline	Imagination	Respect
Commitment	Facing a Challenge	Kindness	Responsibility
Compassion	Fairness	Leadership	Sharing
Conviction	Faithfulness	Love	Tenacity
Courage/Bravery	Foresight	Loyalty	Truth and Trust
Creativity	Friendship	Optimism	Understanding
Curiosity	Generosity		

