

AZ MEDIA ZONE
ALONA ZIBROVA

A.M.

P.M.

my
DAILY
ROUTINE

Morning & Evening

KIDS EDITION



Evening routine



PUT SHOES &
CLOTH AWAY

WASH YOUR
HANDS

CHANGE
INTO HOME
CLOTH

HAVE SUPPER /
DINNER

PUT THE
DISHES AWAY

READ FOR 30
MINUTES

MATH
HOMEWOR
K

PREPARE
SCHOOL
CLOTH

IPAD / TV
TIME

BRUSH TEETH &
HAIR

HUGS AND
KISSES

Sun

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Mon

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Tue

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Wed

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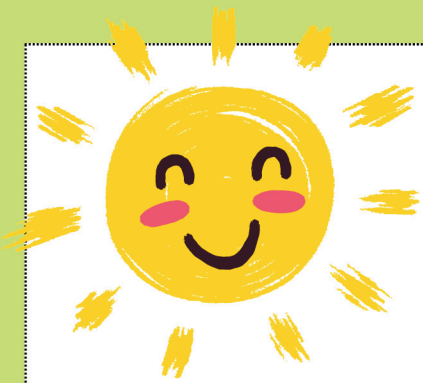
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Fr

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Sat

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Morning affirmations routine #1

I AM CONFIDENT AND BRAVE,
I AM IMPORTANT AND SPECIAL,
I CAN BE A POSITIVE LEADER TO
OTHERS,
I AM PROUD OF MYSELF AND MY
ACCOMPLISHMENTS,
MISTAKES HELP ME LEARN AND
GROW,
I AM A PROBLEM SOLVER,
MY PACK HAS MY BACK!



MEDIA ZONE

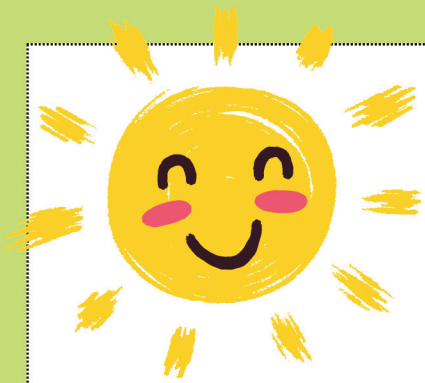


Evening affirmations routine #1

AS THE STARS LIGHT UP THE NIGHT,
I KNOW MY FUTURE IS SHINING
BRIGHT.
I'M STRONG, I'M BRAVE, I'M FULL OF
CHEER,
GRATEFUL FOR ALL I HOLD DEAR.
WITH EACH DREAM, I GROW AND
SOAR,
TOMORROW BRINGS NEW GOALS TO
EXPLORE.



MEDIA ZONE



Morning affirmations routine #2

THE SUN IS UP, THE WORLD'S
AWAKE,
I'M READY FOR THE STEPS I'LL
TAKE.
I'M STRONG, I'M BRAVE, I LEAD
WITH MIGHT,
MY DREAMS WILL TAKE THEIR
PERFECT FLIGHT.
WITH COURAGE, LOVE, AND
GOALS IN VIEW,
THERE'S NOTHING TODAY
I CAN'T DO!



MEDIA ZONE

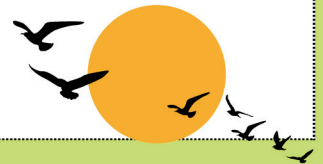


Evening affirmations routine #2

THE DAY BEGINS WITH A HOPEFUL
LIGHT,
I'M READY TO MAKE THINGS RIGHT.
I'M BRAVE, I'M SMART, I'M FULL OF
CHEER,
TODAY'S THE DAY TO CONQUER FEAR.
WITH A HEART THAT'S TRUE AND
DREAMS IN SIGHT,
I'LL MAKE TODAY SHINE BRIGHT!



MEDIA ZONE





Morning affirmations routine #3

A BRAND NEW DAY IS HERE TO
GREET,
I RISE WITH POWER, CAN'T BE
BEAT.

I'M SMART, I'M BOLD, I SHINE SO
BRIGHT,
READY TO CONQUER, TO REACH
NEW HEIGHT.

I FACE THE WORLD WITH HEART
AND MIGHT,
TODAY, I'LL MAKE
MY FUTURE BRIGHT!

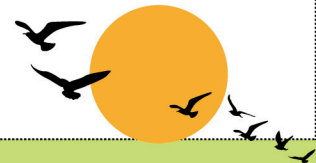


Evening affirmations routine #3

THE DAY IS DONE, THE NIGHT IS
NEAR,
I FEEL STRONG, THERE'S NO
FEAR.

I'M CONFIDENT, I SHINE SO
BRIGHT,
SHYNESS FADES INTO THE
NIGHT.

WITH EVERY BREATH, I STAND
TALL,
TOMORROW, I'LL GIVE MY ALL.



I AM CONFIDENT AND COURAGEOUS:

I trust in my abilities
and face challenges
with bravery.



I AM UNIQUE AND VALUED:

I embrace my
individuality and
know that I am
cherished just as I
am.



I AM CAPABLE OF MAKING A DIFFERENCE:

My actions can
inspire and
positively impact
those around
me.



I CELEBRATE MY SUCCESSES:

Each achievement,
big or small, is a
reason to be
proud of myself.



MISTAKES ARE PART OF LEARNING:

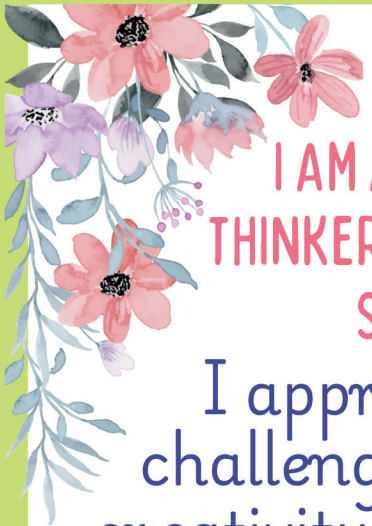
I learn and grow
from my mistakes,
turning them into
opportunities for
improvement.



I AM KIND AND COMPASSIONATE:

I treat others with
empathy and
understanding,
making the world a
better place.





I AM A CREATIVE
THINKER AND PROBLEM
SOLVER:

I approach
challenges with
creativity and find
solutions that work.

I AM SUPPORTED BY MY
FAMILY AND FRIENDS:



I know that my
loved ones are
always there for
me, no matter
what.



I AM BEAUTIFUL
INSIDE AND OUT:

My kindness and
confidence make
me shine
brightly.



I AM SMART AND
CREATIVE:

My ideas and
thoughts are
valuable and
unique.



I CAN DO
ANYTHING I SET
MY MIND TO:

With determination
and hard work, I
can accomplish my
goals.



I AM BRAVE:

I face new
experiences with
courage and an
open heart.





I AM WORTHY OF
LOVE AND RESPECT:

I deserve to be
treated with
kindness and
dignity.



I EMBRACE WHO
I AM:

I love and accept
myself just as I am,
knowing that I am
enough.

I AM BEAUTIFUL INSIDE
AND OUT:

My kindness and
confidence make
me shine
brightly.



I AM A LEADER:

I have the power
to inspire and
positively
influence
others.



I AM PROUD OF WHO I
AM BECOMING:

I celebrate my
growth and the
person I am
becoming every day.



I BELIEVE
IN MYSELF:

I trust in my
abilities and
know I can
achieve great
things.



I AM GRATEFUL

I appreciate
the moments
that made me
smile and the
lessons I
learned.



I AM PROUD OF MYSELF:

I did my best
today, and that's
something to
be proud of.



I AM THANKFUL FOR THE PEOPLE IN MY LIFE:

I am lucky to have
caring family and
friends who
support me.



I AM AT PEACE TODAY:

I let go of any
worries and focus on
the good things that
happened.



I LOOK FORWARD TO TOMORROW:

Tomorrow is a
new day, full of
opportunities
and
possibilities.



I APPRECIATE THE LITTLE THINGS:

Today was filled
with small joys, and
I'm thankful for each
one.



**I AM GRATEFUL FOR MY
HEALTH AND WELL-BEING:**

I appreciate my body
and mind for
carrying me through
the day.



**I REFLECT ON
MY GROWTH:**

I recognize how
much I've learned
and grown from
today's experiences.



**I AM THANKFUL FOR
THE LOVE AROUND ME:**

I cherish the
kindness and love
from my family
and friends.



I AM A GOOD FRIEND:

I show kindness,
share, and care
for others,
making me
a great
friend.



**I AM FULL OF
POTENTIAL:**

There are no limits
to what I can learn
and achieve.



**I AM IN CONTROL OF
MY FEELINGS:**

I can choose how I
react and stay
calm even
when things
are
tough.



NAME:

DATE:

POSITIVE AFFIRMATION HANDWRITING PRACTICE #1

I AM CONFIDENT AND COURAGEOUS: I
trust in my abilities and face challenges
with bravery.

PRACTICE TIME!



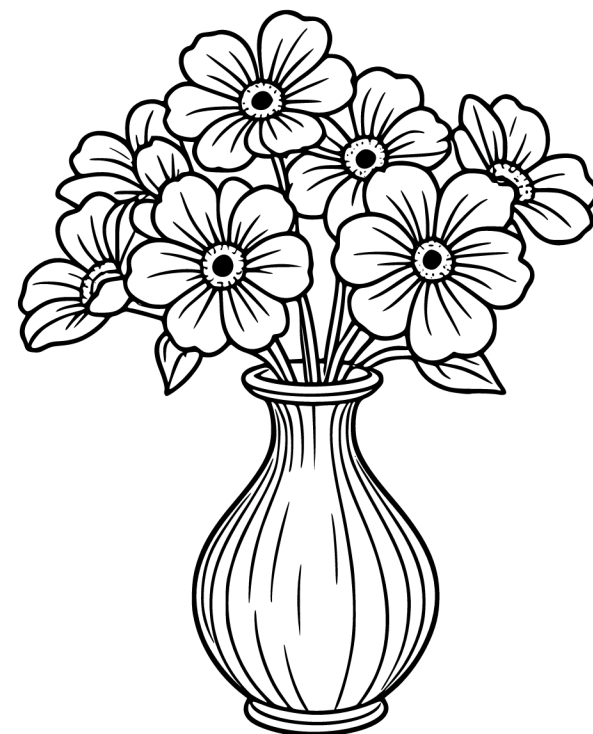
NAME:

DATE:

POSITIVE AFFIRMATION HANDWRITING PRACTICE #2

I AM UNIQUE AND VALUED: I embrace
my individuality and know that I am
cherished just as I am.

PRACTICE TIME!



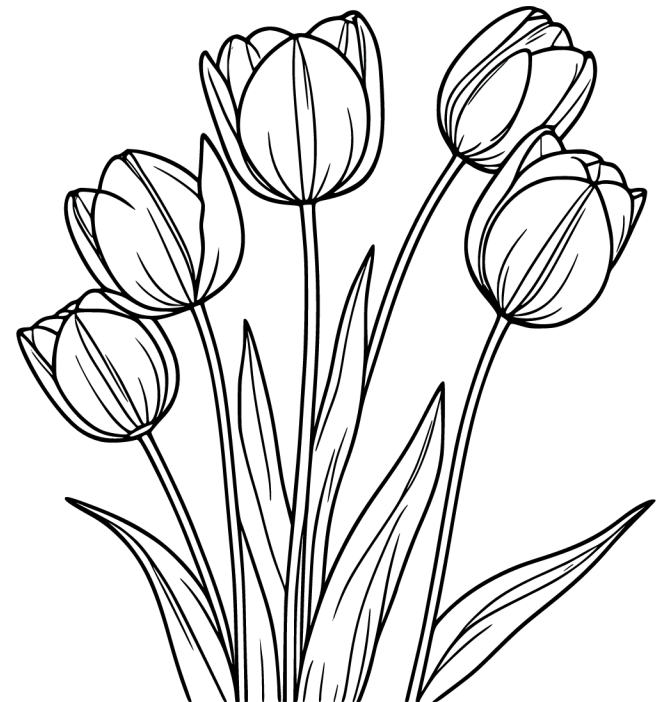
NAME:

DATE:

POSITIVE AFFIRMATION HANDWRITING PRACTICE #3

I AM CAPABLE OF MAKING A
DIFFERENCE: My actions can inspire
and positively impact those around me.

PRACTICE TIME!



NAME:

DATE:

POSITIVE AFFIRMATION HANDWRITING PRACTICE #4

I CELEBRATE MY SUCCESSES: Each
achievement, big or small, is a reason to
be proud of myself.

PRACTICE TIME!



NAME:

DATE:

POSITIVE AFFIRMATION HANDWRITING PRACTICE #5

MISTAKES ARE PART OF LEARNING: I
learn and grow from my mistakes,
turning them into opportunities for
improvement. **PRACTICE TIME!**



NAME:

DATE:

POSITIVE AFFIRMATION HANDWRITING PRACTICE #6

I AM KIND AND COMPASSIONATE: My
kindness and confidence make me shine
brightly.

PRACTICE TIME!



NAME:

DATE:

POSITIVE AFFIRMATION HANDWRITING PRACTICE #7

I'M A CREATIVE THINKER AND PROBLEM
SOLVER: I approach challenges with
creativity and find solutions that work.

PRACTICE TIME!



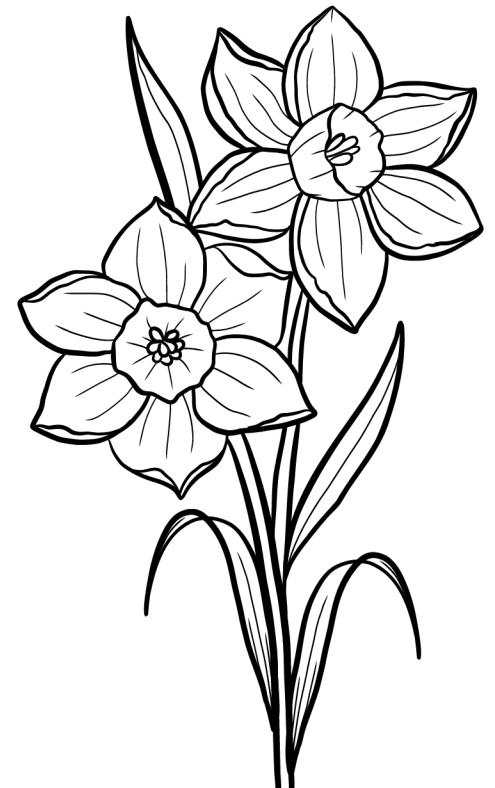
NAME:

DATE:

POSITIVE AFFIRMATION HANDWRITING PRACTICE #8

I AM SUPPORTED BY MY FAMILY AND
FRIENDS: I know that my loved ones are
always there for me, no matter what.

PRACTICE TIME!



NAME:

DATE:

POSITIVE AFFIRMATION HANDWRITING PRACTICE #9

I AM BEAUTIFUL INSIDE AND OUT: My
kindness and confidence make me shine
brightly.

PRACTICE TIME!



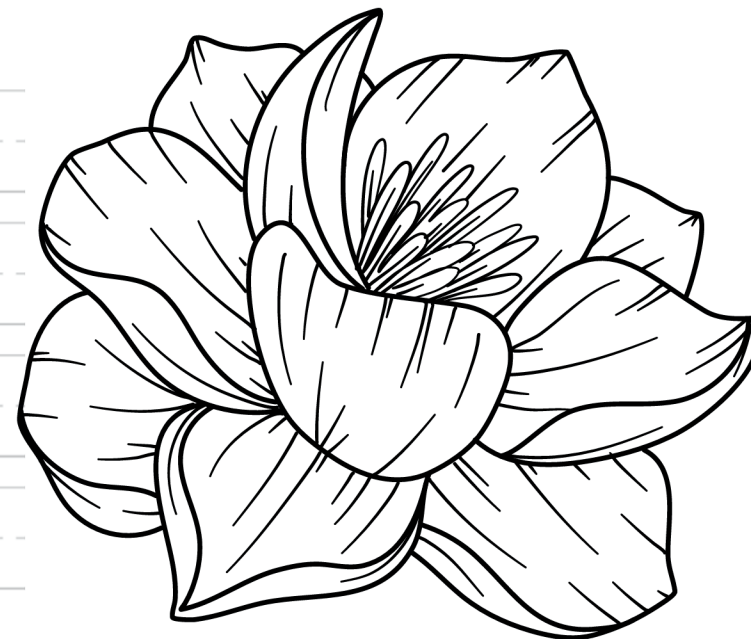
NAME:

DATE:

POSITIVE AFFIRMATION HANDWRITING PRACTICE #10

I AM SMART AND CREATIVE: My ideas
and thoughts are valuable and unique.

PRACTICE TIME!



NAME:

DATE:

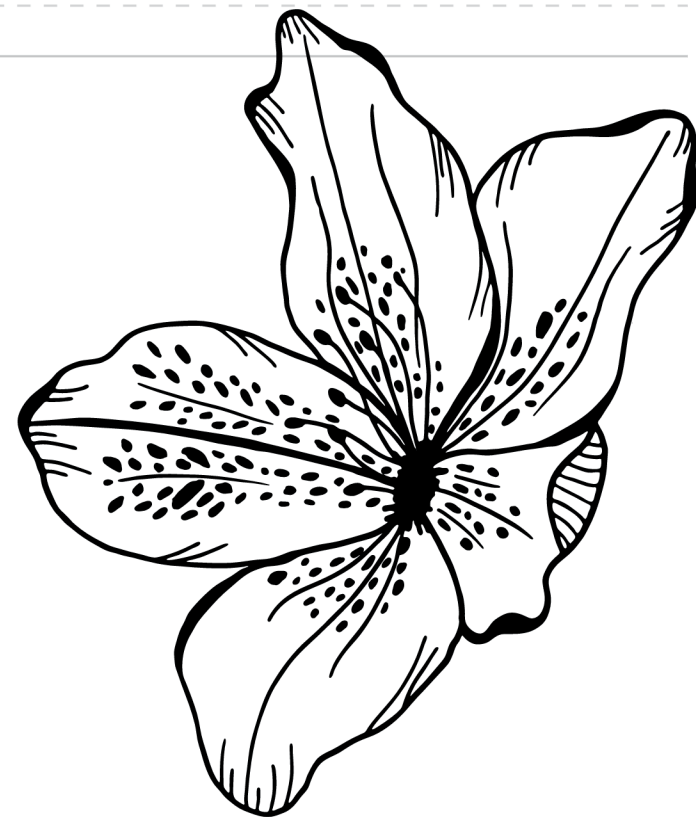
POSITIVE AFFIRMATION HANDWRITING PRACTICE #11

I CAN DO ANYTHING I SET MY MIND

TO: With determination and hard work,

I can accomplish my goals.

PRACTICE TIME!



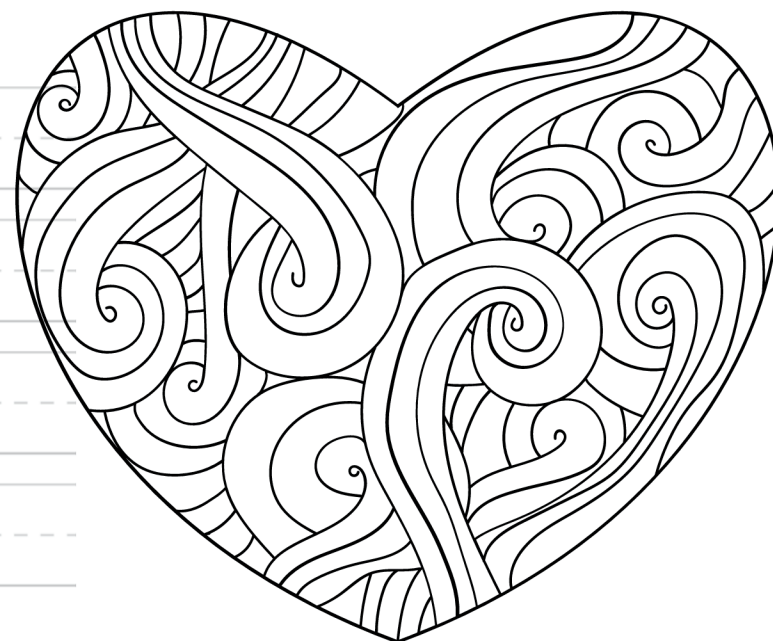
NAME:

DATE:

POSITIVE AFFIRMATION HANDWRITING PRACTICE #12

I AM BRAVE: I face new experiences
with courage and an open heart.

PRACTICE TIME!



NAME:

DATE:

POSITIVE AFFIRMATION HANDWRITING PRACTICE #13

I AM WORTHY OF LOVE AND RESPECT:

I deserve to be treated with kindness
and dignity.

PRACTICE TIME!



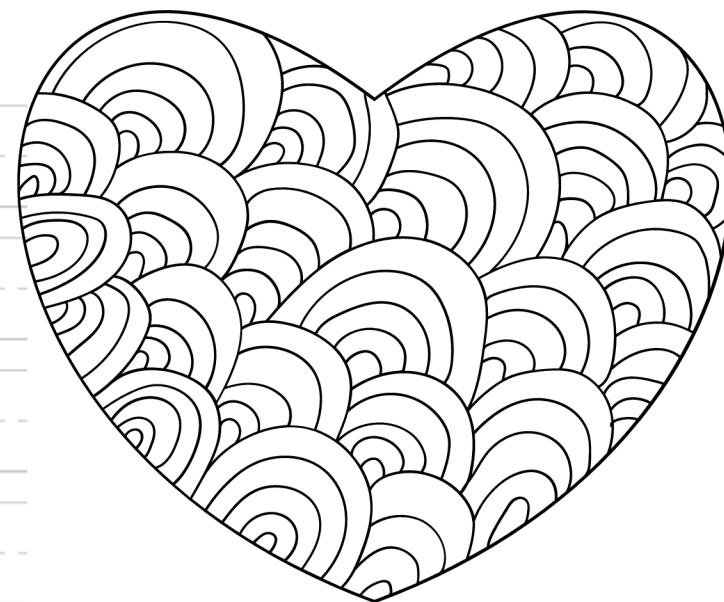
NAME:

DATE:

POSITIVE AFFIRMATION HANDWRITING PRACTICE #14

I EMBRACE WHO I AM: I love and
accept myself just as I am, knowing
that I am enough.

PRACTICE TIME!



NAME:

DATE:

POSITIVE AFFIRMATION HANDWRITING PRACTICE #15

I AM BEAUTIFUL INSIDE AND OUT: My
kindness and confidence make me shine
brightly.

PRACTICE TIME!



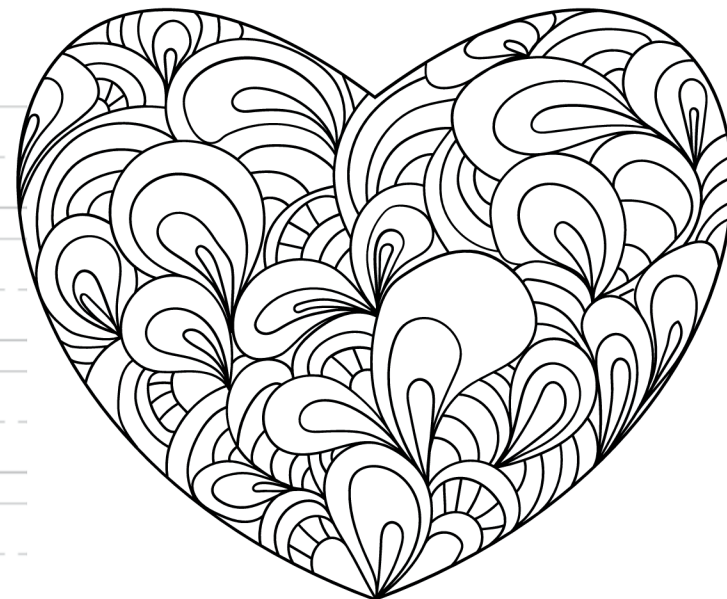
NAME:

DATE:

POSITIVE AFFIRMATION HANDWRITING PRACTICE #16

I AM A LEADER: I have the power to
inspire and positively influence others.

PRACTICE TIME!



NAME:

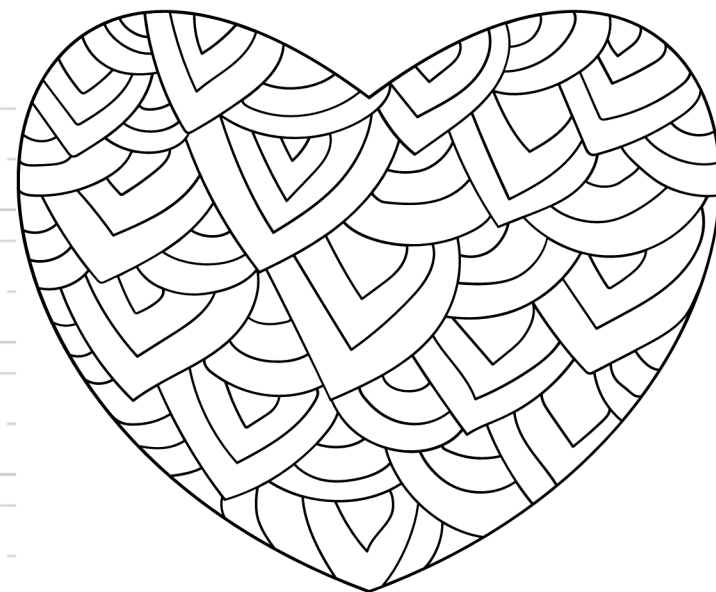
DATE:

POSITIVE AFFIRMATION HANDWRITING PRACTICE #17

I AM PROUD OF WHO I AM BECOMING:

I celebrate my growth and the person I
am becoming every day.

PRACTICE TIME!



NAME:

DATE:

POSITIVE AFFIRMATION HANDWRITING PRACTICE #18

I BELIEVE IN MYSELF: I trust in my
abilities and know I can achieve great
things.

PRACTICE TIME!



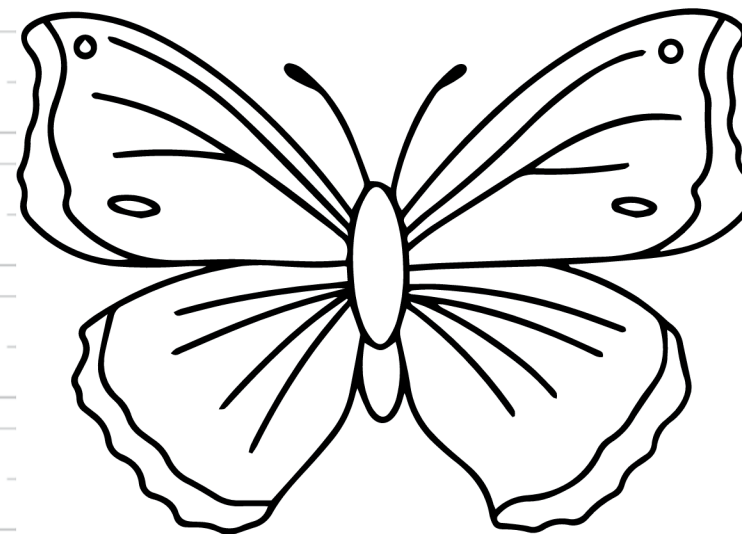
NAME:

DATE:

POSITIVE AFFIRMATION HANDWRITING PRACTICE #19

I AM GRATEFUL: I appreciate the
moments that made me smile and the
lessons I learned.

PRACTICE TIME!



NAME:

DATE:

POSITIVE AFFIRMATION HANDWRITING PRACTICE #20

I AM PROUD OF MYSELF: I did my best
today, and that's something to be proud
of.

PRACTICE TIME!



NAME:

DATE:

POSITIVE AFFIRMATION HANDWRITING PRACTICE #21

I AM THANKFUL FOR THE PEOPLE IN
MY LIFE: I am lucky to have caring
family and friends who support me.

PRACTICE TIME!



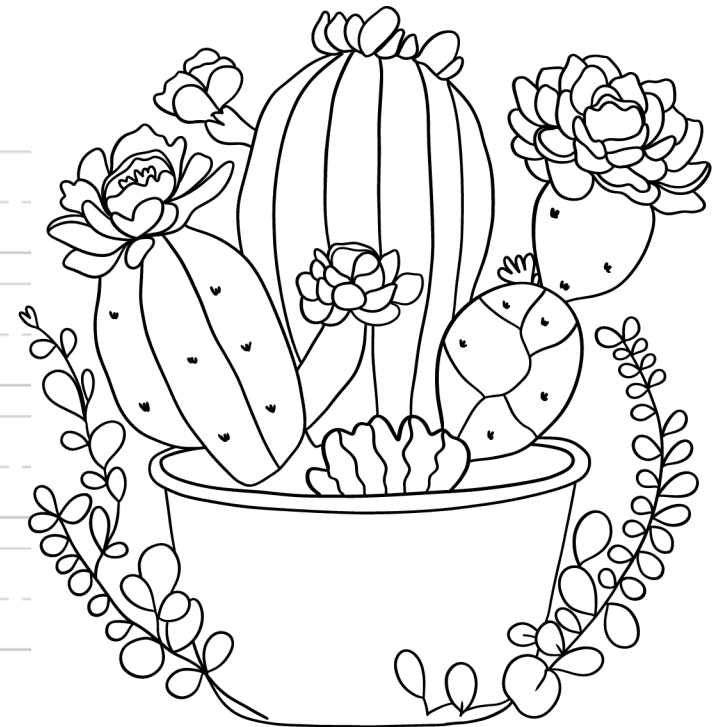
NAME:

DATE:

POSITIVE AFFIRMATION HANDWRITING PRACTICE #22

I AM AT PEACE TODAY: I let go of
any worries and focus on the good
things that happened.

PRACTICE TIME!



NAME:

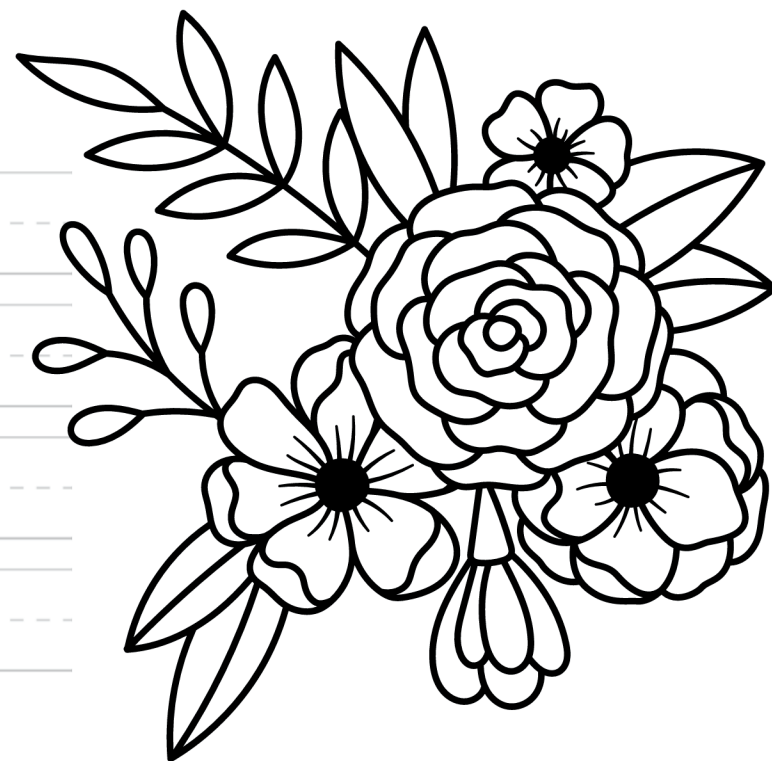
DATE:

POSITIVE AFFIRMATION HANDWRITING PRACTICE #23

I LOOK FORWARD TO TOMORROW:

Tomorrow is a new day, full of
opportunities and possibilities.

PRACTICE TIME!



NAME:

DATE:

POSITIVE AFFIRMATION HANDWRITING PRACTICE #24

I APPRECIATE THE LITTLE THINGS:

Today was filled with small joys, and

I'm thankful for each one.

PRACTICE TIME!



NAME:

DATE:

POSITIVE AFFIRMATION HANDWRITING PRACTICE #25

I AM GRATEFUL FOR MY HEALTH : I
appreciate my body and mind for
carrying me through the day.

PRACTICE TIME!



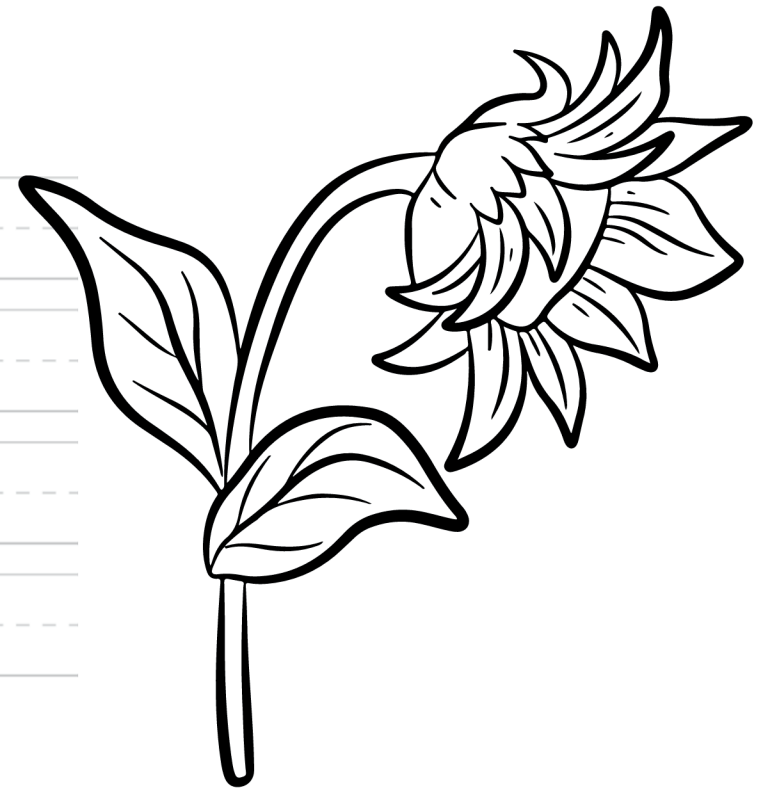
NAME:

DATE:

POSITIVE AFFIRMATION HANDWRITING PRACTICE #26

I REFLECT ON MY GROWTH: I
recognize how much I've learned and
grown from today's experiences.

PRACTICE TIME!



NAME:

DATE:

POSITIVE AFFIRMATION HANDWRITING PRACTICE #27

I AM THANKFUL FOR THE LOVE
AROUND ME: I cherish the kindness and
love from my family and friends.

PRACTICE TIME!



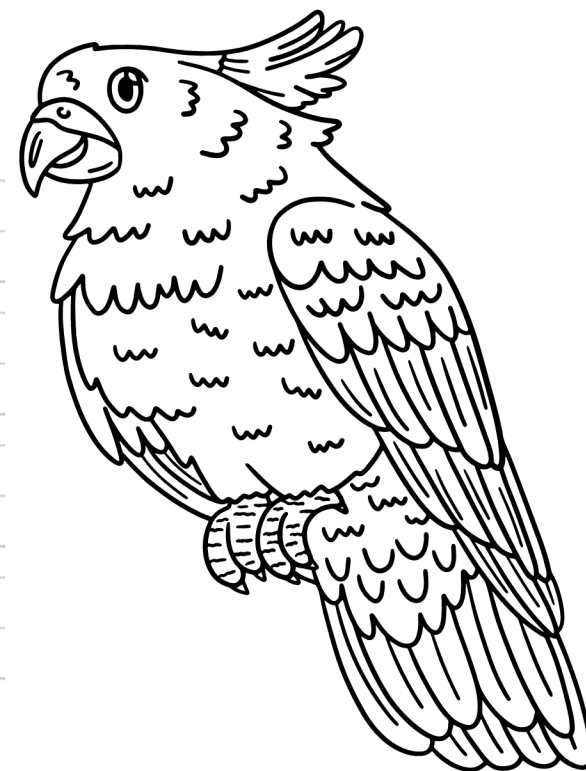
NAME:

DATE:

POSITIVE AFFIRMATION HANDWRITING PRACTICE #28

I AM A GOOD FRIEND: I show kindness,
share, and care for others, making me
a great friend.

PRACTICE TIME!



NAME:

DATE:

POSITIVE AFFIRMATION HANDWRITING PRACTICE #29

I AM FULL OF POTENTIAL: There are
no limits to what I can learn and
achieve.

PRACTICE TIME!



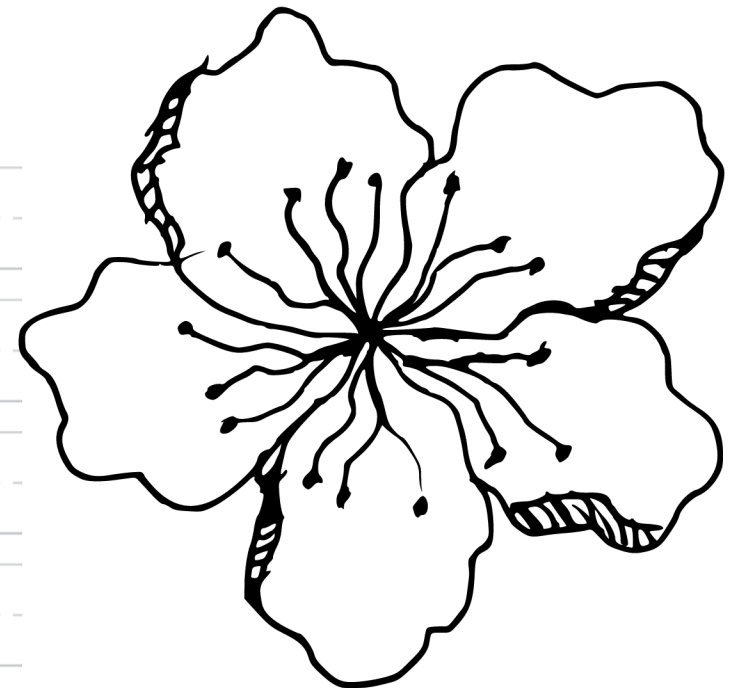
NAME:

DATE:

POSITIVE AFFIRMATION HANDWRITING PRACTICE #30

I AM IN CONTROL OF MY FEELINGS: I
can choose how I react and stay calm
even when things are tough.

PRACTICE TIME!



DATE: _____

Handwriting practice lines consisting of multiple sets of three horizontal lines (top solid, middle dashed, bottom solid) for letter formation.

DATE: _____

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