

# #98 Mindset Shifts & The Power Of Affirmations

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## SUMMARY KEYWORDS

affirmations, declan, started, life, inspire, katharine, brain, sleep, episode, strong, easily, simplified, share, meditations, humans, nightly routine, friend, tiny, feel, favorite

## SPEAKERS

Michelle Glogovac, Kids

 M Michelle Glogovac 00:01

You're listening to the my simplified life podcast and this is episode number 98. Welcome to the my simplified life podcast, a place where you will learn that your past and even your present. don't define your future. Regardless of what stage of life you're in, I want you to feel inspired and encouraged to pursue your dreams, simplify your life and start taking action today. I'm your host, Michelle Glogovac, and I'm excited to share my stories and life lessons with you will taking you on my own journey. This is my simplified life. Hello friends. Welcome back to another episode. I'm your host, Michelle Glogovac. Now, I've shared many times over how I haven't been a believer in mindset or anything that seems a bit woowoo per se. And I blame that on having spent so much time in the corporate world. These are things you just don't talk about. And yet, the more I learn, the more I think the corporate world could really benefit from things like getting in the right mindset, or practicing affirmations and meditations. There's something to be said about thinking positively about telling your brain what you want in life and putting it out into the universe to help make it happen. In the recent interview I did with Kelsey Abbott about human design, she mentioned that I shouldn't be doing the exact same morning routine, and I should be mixing it up. So I started doing that. I added some yoga stretches at times, meditations. I've tried tapping, and my favorite is morning affirmations. Using a YouTube video I found it's about five minutes long, so I can definitely handle adding this to my routine. Lately, my son has had a hard time falling asleep. And it's wreaked a bit of havoc

on him and I because we're both frustrated about it. So I started having him recite affirmations before bedtime. And it's now part of our nightly routine. If you have more than one child, you'll know that if one gets something the other one's the same thing. So I created some affirmations for my daughter to say before bed as well. Today, we want to share those affirmations with you. So my special guests are Declan and Katharine. Hi, guys.

K Kids 02:24  
Hi.

M Michelle Glogovac 02:25  
How are you? Yeah. Are you excited to do a show?

K Kids 02:28  
Yeah.

M Michelle Glogovac 02:29  
Should we talk about your affirmations? Do you like doing them?

K Kids 02:33  
Yeah.

M Michelle Glogovac 02:34  
How do they make you feel you can answer one at a time.

K Kids 02:37  
happy and excited.

M Michelle Glogovac 02:40  
They do. Do they help you? Yes. What about you, Katharine?

K Kids 02:45  
They just make me happy because I feel love.

M Michelle Glogovac 02:50  
Oh, I like that. Shall we share what your affirmations are?

K Kids 02:56  
Yeah.

M Michelle Glogovac 02:56  
Okay. So I'll do your affirmation. You repeat it after me like we do every night. Yep. And then you can do some affirmations and I'll repeat them after you sound good. Yep. Who wants to go first? I do. Alright Declan. You come closer. Okay. At nighttime we say I am a good sleeper.

K Kids 03:16  
I am a good sleeper.

M Michelle Glogovac 03:18  
I fall asleep easily fall asleep easily. I am safe and secure in my bed

K Kids 03:25  
safe and secure in my bed.

M Michelle Glogovac 03:27  
I grow big and strong while I sleep.

K Kids 03:30  
I grew begin strong. Why sleep?

M Michelle Glogovac 03:33  
Good job. Okay, Katharine, your turn. We do yours by starting off saying I am smart.

K Kids 03:41  
I am smart.

M Michelle Glogovac 03:43  
I am kind. I have a big heart

K Kids 03:46  
I have a big heart.

M Michelle Glogovac 03:48  
I am beautiful

K Kids 03:50  
I am beautiful.

M Michelle Glogovac 03:51  
Do you like those? Yeah. Okay, now who wants to share some that I'll repeat after you. You want to go for a second kick. Come back over. Alright, give me some affirmations and I'll repeat them.

K Kids 04:03  
I am a I am a good kid.

M Michelle Glogovac 04:06  
I am a good kid.

K Kids 04:09

I I do things my mother towards me easily.

M Michelle Glogovac 04:14

I do think that my mother tells me easily.

K Kids 04:19

I'm a big and strong Why do those things I grow big and strong. I do those things. I I feel big and strong. While I while I eat.

M Michelle Glogovac 04:33

I feel big and strong while I eat. Do you have any for school? I am a good student. I am a good student. I have a good teacher. I have a good teacher. I follow her rules easily. I follow her rules easily.

K Kids 05:01

I feel loved by her and very calm.

M Michelle Glogovac 05:05

I feel loved by her and very calm. Those are really good. Good job. Alright, Catherine, it's your turn. Give me some affirmation, sister. I feel. I feel loved. I am beautiful. I am beautiful. I have a big heart. I have a big heart.

K Kids 05:30

I sleep well.

M Michelle Glogovac 05:32

I sleep well. Good friend. I am a good friend. You can say whatever you want. I am a good sister. I am a good sister. I'm smart. I am smart. That's it. Those are really good. I like those. You want to hear some of the ones that I say in the morning? Okay, some of the ones that are from my YouTube video are do you want to see them after me? Yeah. Okay. I inspire others with my courage I in my career. I am a Money Magnet. I I like that one. That's my favorite. Yes. It is. Yeah, yeah. Big money, sister. Money with many with

madness are magnets. Okay, you're silly. Other ones that I like are that I'm going to have a good day. I'm going to have good day. I'm going to be productive and all I do is productive.

**K** Kids 06:48  
All the things I do have all of the things I do. I am strong. I

**M** Michelle Glogovac 06:54  
am strong. My body fuels my mind when I lie fuels my mind. I am healthy and strong.

**K** Kids 07:05  
I am healthy and strong. I'm happy. And strong, do you have more that you want to add?  
And yes, please go for it.

**M** Michelle Glogovac 07:13  
Tell me.

**K** Kids 07:16  
I am a good Big brother.

**M** Michelle Glogovac 07:19  
I am a good Big Brother.

**K** Kids 07:21  
To all my brothers. To my brother and my sister

**M** Michelle Glogovac 07:24  
to my brothers and my sisters.

**K** Kids 07:29

I can do things by them easily.

M Michelle Glogovac 07:32  
I can do things by them easily.

K Kids 07:36  
I like to play with them.

M Michelle Glogovac 07:39  
That's not really an affirmation, but that's good. I'm glad you like to play with them. What do you have? Do you have I am statements. I am saying? No. It starts with I am and then you get to fill in the rest. I am money man. I am a Money Magnet. That's right Sr. I am good at ballet. I am good at ballet. The more I practice, the better I will become their day practice. The more I practice. Yeah, as

K Kids 08:17  
I say surf to learn.

M Michelle Glogovac 08:20  
I say stuff to learn. I am learning every day. I am learning every day. You're good. You have more know how all the other ones we like our I am courageous and courageous. I am brave. Brave. Yes. I am good at all. I do. I'm good. All. Yes. I feel like we're at church. So how does that make you feel right now? Love. Love you are loved. Me too. Yeah. What else? How do affirmations make you feel better?

K Kids 09:05  
they feel they make me excited and happy?

M Michelle Glogovac 09:09  
Yeah, sure on cuz you are huh? Does your brain sometimes need that reminder? Yeah. Is that why it's good? How do you how do affirmations help you with your sleep?



Kids 09:21

They make me they make me feel good. And make me sleep better?



Michelle Glogovac 09:28

Do you recite the affirmations when I leave your bedroom? to yourself in your head? Yes. Yeah. And how does it help you? Does your brain say Oh, yeah, that's right. I forgot all those things. Yes, it does. And it's been helping you fall asleep easier. Hmm. Yeah, we've noticed That's good stuff. Have you noticed any changes since you've been doing your affirmations?



Kids 09:51

Yes, what that I sleep in and I think that I'm Good at sleeping.



Michelle Glogovac 10:01

You are good at sleeping. You're the champion sleeper. Is there anything else you want to share with someone? Let's say someone says I don't believe in affirmations. Why would I do that? That's silly. What would you say to them?



Kids 10:14

They are real. And I did one with my mom.



Michelle Glogovac 10:21

And then they made you feel better. Yeah, but you'd say that to



Kids 10:27

say, you gotta start doing affirmation. They'll make you feel better.



Michelle Glogovac 10:32

Oh, I like that. What do you think you can do affirmations? For? We do it for sleep. We do it for you as a person. Is there any other kind of reason why you think you could do an affirmation



- K** Kids 10:42  
to calm yourself? when you're when you're at school, then they can make you feel excited? and calm?
- M** Michelle Glogovac 10:51  
That's good. What about you to make you sleep better and sleep than any other reason?
- K** Kids 10:58  
You need to do them in the morning to calm yourself down when he just woke up.
- M** Michelle Glogovac 11:04  
What about if you had a big test? Or you had to do a podcast interview? Do you think affirmations would help you?
- K** Kids 11:12  
Yeah, yeah, to calm you down and make yourself don't relax on then you can do your you can say your own affirmations. Without just relaxing.
- M** Michelle Glogovac 11:24  
Well, that's good. And can you make up? Do you think you can make up affirmations? Or do they have to be the same thing?
- K** Kids 11:30  
We can make up?
- M** Michelle Glogovac 11:32  
Yeah. Do you make stuff up? Sometimes? Yes. Yeah. When do you make up affirmations?
- K** Kids 11:39  
I dream about what I could say of affirmations. Wow.



Michelle Glogovac 11:45

You're talented. And I'm proud of you. I didn't know that you're making stuff up. Can you come over here and stop fidgeting? job, buddy. I'm proud of you both. I love you. And then do you have any other? Anything else you want to say to everybody who's listening? No. You're good. Are you good? We like to say wherever you wait out for when we leave. I say what would it call 140 hosts a podcast? No, my simplified life. People What do you call your people, listeners? Friends.



Kids 12:32

co listeners. I hope you have a great day in singer and say affirmations. This is Declan Glogovac speaking and I now



Michelle Glogovac 12:45

hear anything you want to say. Go ahead.



Kids 12:49

I am strong because I sleep.



Michelle Glogovac 12:54

Good job. Oh friends, I think this might be my favorite episode I've ever recorded with these two tiny humans who are in the closet with me right now. Sorry if the audio isn't perfect, but to me, this is a perfect episode. I can't encourage you enough to take charge of your own lives, your mornings add an affirmation or to do it with your own children. Because it's just letting positive light and energy into your life. And as woowo as that sounds, sign me up for it. Because to hear the happiness and the strength in these two tiny people's voices makes it all worth it. And I'm glad that I'm also able to inspire them and make them grow in a way that's not just physical but also mental and that their brains are working hard at letting them understand that they are everything that they want to be and can be and you can to friend, you can be anything that you put your mind to. So start saying your affirmations. thank you as always for joining me today. And for Declan and Catherine my favorite two tiny humans on the entire face of the universe. Go see your affirmations. Repeat after me as we close out this episode. I am strong. I am worthy and I am capable.