

**PODAR INTERNATIONAL SCHOOL, SHIMOGA**  
**AUTO SUGGESTIONS FOR STUDENTS**

Practicing auto suggestions is an excellent way to improve behaviour, attitude and academic performance of children. Please use a list of auto suggestions given below with your children twice a day:

- a. Every morning as soon as the child wakes up
- b. Every night just before the child goes to bed

Let your child sit comfortably on a bed / chair and focus on breathing (if possible with closed eyes). You / child can tell 10-15 suggestions given below in a soothing, clear and firm voice. Sub-conscious mind responds when it is done in the morning and at night. If this is done regularly, great improvement can be seen in 2-3 months in child's academic performance and behaviour.

- **Every day in every way I am getting better and better.**
- **I feel strong and energetic.**
- **I am gentle.**
- **I respect myself.**
- **I treat my friends as my sisters or brothers.**
- **I respect my words.**
- **I keep my promises.**
- **I am polite to my elders and friends.**
- **I am kind and helpful.**
- **I listen.**
- **I respect elders and friends.**
- **I am honest.**
- **I complete my work within the given time.**
- **I start my work early**
- **I complete homework and class-work on time.**
- **I tell truth to teachers, friends and elders.**
- **I am disciplined in my behavior.**
- **I am strong.**
- **I eat healthy and nutritious food.**
- **I maintain good physical health.**
- **I think positively and I am enthusiastic.**
- **I face all problems with courage.**
- **I do not run away from challenges.**
- **I take all failures and defeats constructively.**
- **I try better.**
- **I am smart.**
- **I find alternative solutions.**
- **I think every problem as an opportunity to excel.**
- **I dress smart and we look smart.**
- **I am intelligent.**
- **I am not scared of problems.**
- **I am hard-working.**
- **I strive hard to get good grades in school.**

- I do not postpone my work.
- I take the responsibility of keeping my things clean and safe.
- I take utmost care of books.
- I watch decent programme on TV and on Internet.
- I always try to be the best in what I do.
- I excel in everything.
- I treat my friends as my sisters or brothers.
- I am good at English, Mathematics, Science and Computers.
- I am good at sports I play.
- I improve in all subjects I study.
- I always feel safe.
- I am careful with strangers.
- I am careful when I am near water and electricity.
- I am courageous.
- I am cool, calm and collected.
- I have strong will power and self control.
- I can concentrate well.
- I remember what I learn and write properly in exams.
- I say sorry whenever I am wrong.
- I thank whenever I receive help.
- I celebrate my brother's, sister's and friend's success.
- I try to excel and win in competitions.
- I take failures as delayed success and learn from it.
- I treat everyone with fairness and equality.
- I treat everyone the way I want them to treat me.
- I learn and develop new skills and I am a tech-savvy.
- I enjoy studying.
- I study with concentration and remember what I study.
- I limit my TV watching time.
- I use every minute of my life properly.
- I enjoy every subject.
- I pay attention to teaching in classroom
- I actively participate in learning.
- I answer when teachers ask question.
- I make smart choices.
- I keep my teachers and parents happy.
- I am a happy student.
- I watch decent programme on TV.

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