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Words of wisdom and “well kent”  
phrases the Scottish Guide to  
Affirmations!



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## Words of wisdom and “well kent” phrases

Many of us, will have memories perhaps of grandparents offering words of wisdom or comfort when we were upset or needed a bit of advice!

*“ A's weel that ends weel.”*

*“ Don't judge each day by the harvest you reap, but by the seeds you plant”*

*“ Look after the pennies and the pounds will take care of themselves”*

*“ Time and tide will tarry on nae man”*

*“ Whit's fur ye'll no go past ye.”*

*“Better tae bend than break”*

No matter what age we are we sometimes need some inspiration, or even a wee nudge to remember what is important. Making up our own words of wisdom or sharing ideas with friends and family can offer us a chance to create our own new “well kent” phrases to pass through the generations. Sometimes when life is challenging like during the COVID19 pandemic, it's good to maybe have some wee words of inspiration to go to. These maybe to:

- ✚ Offer some ideas of things to do as we are bored
- ✚ Remind us there are also things to appreciate in life
- ✚ Inspire us to keep going even when we are fed up
- ✚ Reassure us when we feel anxious and worried
- ✚ .....the list goes on

One place to store these wee words of inspiration is in an affirmation jar

## Items needed to make an affirmation jar

- A jar, or some other container to place your affirmations in
- Paper to write your affirmations or images which inspire
- Decoration for the jar
- Twine, ribbon and scissors (preferably safety scissors and if making a jar with children please do this under adult supervision)
- Pen
- The wee wise words of affirmation which will inspire you and maybe future generations



## How to make an affirmation jar

- Find a jar, a jam or pickle jar, even coffee, something its easy to get your hand into
- You can decorate the jar even a piece of ribbon or make a cover for the lid from some old gift-wrapping paper or material, stick scrabble pieces on, buttons, whatever takes your fancy. Just be careful of any choking hazards for pets or young children
- Cut up wee bits of paper around business card size, write your words of wisdom on it, fold it in half and then pop it in the jar
- Pop as many affirmations in as is suitable for the size of the jar
- You can add and remove affirmations as suits your needs, but maybe capture what they said, start your own family words of wisdom book to pass to other generations

## Some examples of affirmations to help get started

- *Today I am going to enjoy trying something new*
- *Boredom is life's way of reminding me to be excited about looking for new things which are interesting*
- *I enjoy sometimes just looking out the window*
- *I forgive myself, for not being prefect, no one is*

On COPE Scotland's website [www.cope-scotland.org](http://www.cope-scotland.org) you will find several sets of affirmation cards which may offer some ideas also.

## How to use your affirmation jar

Once you have taken your affirmation, have a look at it, then take a couple of relaxing breaths breathing in and out to a count of ten. It maybe you stand in front of a mirror; if you feel comfortable to do this and look yourself in the eye, so you are sure you are paying attention. Say the affirmation slowly and clearly maybe 3 times and focus on the meaning of each word. This is why any affirmation needs to be something which is good for you to hear, as words do have power.

The main thing to remember in making a jar should be something you enjoy and the affirmations you put in the jar something which is positive and uplifting. Remember you can remove and add all the time, so if you see something which is inspiring, write it down and add it to the jar when next you come to replace your old affirmations. You matter and your wellbeing matters too

