

POSITIVE AFFIRMATIONS

Positive affirmations are kind words we can say to ourselves. They help us feel confident, brave, and ready to be our best!



1

I CAN SAY THESE EVERY DAY!

Read the affirmations below. You can say them out loud, in your head, or with a family member!



I AM WORTHY.

I am valuable just as I am.



I AM KIND.

I can make a positive difference.



I AM BRAVE.

I can try new things and keep going.



I AM IMPORTANT.

My thoughts, feelings, and ideas matter.



I AM ENOUGH.

I am proud of who I am.



I AM ME.

I am unique, and that makes the world a brighter place.

2

MY PERSONAL AFFIRMATIONS

Complete the sentences with your own words.

★ I am _____.

★ I can _____.

★ I am proud of _____.

★ I make a difference by _____.

★ I am excited for _____.

3

DRAW AND WRITE

Draw a picture of yourself doing something you feel proud of.



4

TAKE ON A POSITIVE CHALLENGE

Choose one or more activities to practice this week!

- ☐ Say one positive affirmation every morning.
- ☐ Write a kind note to yourself.
- ☐ Tell a friend something great about them.
- ☐ Look in the mirror and say, "I am proud of me!"
- ☐ Add a new affirmation to the list.
- ☐ Share your affirmations with a family member.



KINDER KIDS. BRIGHTER TOMORROWS.