

POSITIVE AFFIRMATIONS

- I am kind to others.
- I can do hard things.
- I am a good friend.
- I make people smile.
- I am brave.
- I am smart.
- I believe in myself.
- I can learn new things.
- I am important.
- I have great ideas.
- I can stay calm.
- I try my best.
- I can ask for help.
- I am creative.
- I am a good listener.
- I can make good choices.
- I am helpful.
- I am strong.
- I can keep going.
- I am proud of myself.
- I am a problem-solver.
- I can make today awesome.
- I am loved.
- I can handle big feelings.
- I am unique and special.
- I can try again if I need to.
- I bring joy to others.
- I am a good team player.
- I am growing every day.
- I can do amazing things.
- I make the world a better place.
- I love who I am, inside and out.
- I can handle tough situations.

- I grow stronger every time I try.
- Mistakes help me learn and improve.
- I can get better with practice.
- Challenges help my brain grow.
- It's okay to take a break and try again.
- I don't give up because I can figure it out.
- It's okay to make mistakes.
- My brain grows and changes every day.
- I am proud of what makes me unique.
- We all have something special to share.
- Different is beautiful.
- I learn new things from people who are different from me.
- The world is better because we're all different.
- Being kind makes me happy.
- I can help someone feel good today.
- Small acts of kindness can make a big difference.
- I treat others the way I want to be treated.
- My kindness makes the world a better place.
- Every setback is a chance to try again.
- I am strong, even when things are hard.
- I can bounce back and keep going.
- I learn and grow from every challenge.
- I am proud of the person I am becoming.
- I deserve to feel good about myself.