

Positive Affirmations. Clip out the squares, hang them up, or save them as reminder cards.

I AM  
LOVED



I AM  
KIND



I AM  
BRAVE



I AM A  
RESPONSIBLE  
PERSON



I WILL  
ALWAYS DO  
MY BEST



I AM  
CAPABLE



I AM  
UNIQUE



EACH DAY,  
I AM GROWING  
STRONGER



I AM  
CREATIVE



I HELP  
OTHERS



I AM IMPORTANT  
AND A VALUABLE  
PERSON



I CHOOSE TO  
THINK GOOD  
THOUGHTS



I AM  
CALM



I AM  
RESILIENT



I TRY  
MY BEST



I AM  
STRONG



I AM  
PATIENT



I AM  
PROUD OF  
MYSELF



I CAN  
FORGIVE  
OTHERS



I AM  
ENOUGH



I AM IN CHARGE  
OF HOW I LIVE  
EACH DAY



I ALWAYS SEE  
THE BEST  
IN OTHERS



I BELIEVE  
IN WHO  
I AM



I AM ON A  
JOURNEY,  
EVER GROWING  
AND DEVELOPING

