



# Affirmations

Affirmations are a simple way of introducing more positivity into the ways you are thinking. Below you will find a list of affirmations that can be used daily, weekly, or whenever you need a boost positivity!

## I am...

Perfect just the way I am  
A leader  
Enough  
A good friend  
Strong  
Capable  
Proud of myself  
Independent  
Ready to learn  
Healthy  
Smart  
Important  
Loved  
Appreciated  
Patient  
Valued  
Compassionate  
A helper  
Worthy  
Determined  
Respected  
Brave  
Unique

## I can...

Do tough things  
Work through my problems  
Forgive myself  
Control my own happiness  
Get through anything  
Make my own choices  
Make a difference  
Step out of my comfort zone  
Do better next time  
Work at my own pace  
Change the world  
Take deep breaths  
Be vulnerable



## Today...

Is going to be a great day  
I will think positive  
I will be confident  
I will be open minded  
I will be adaptable  
I will be empathetic

## Morning

I am looking forward to today  
I am ready to start the day  
I am excited about school  
I will make the most of this day

## Before Bed

My body is relaxed  
I am calm and ready to sleep  
My mind is at peace  
I am safe  
I am looking forward to tomorrow  
I did my best today  
I will have a good sleep  
I will have good dreams