

POSITIVE AFFIRMATIONS

Take one any time you need
something to cheer you up...
or give one to someone else
to make them smile!

I'm unique - there's no-one in the whole world like me

I AM MY OWN SUPERHERO

I can be anything I want to be

I AM A GOOD FRIEND

Mistakes are OK - they help me learn

I'm an amazing person... I rock!

I AM BRAVE

ONE STEP AT A TIME

I am strong... I can do hard things

I'VE GOT THIS

I'm going to try my best... if I believe I can, I will

It's OK if I don't feel OK... I can ask for help

I AM GOOD ENOUGH

I BELONG