

# POSITIVE AFFIRMATIONS

- I am \_\_\_\_\_ (positive trait), and I bring \_\_\_\_\_ (positive quality) to the world around me.
- I believe in my ability to \_\_\_\_\_ (goal or aspiration) because I am \_\_\_\_\_ (positive attribute).
- I am grateful for \_\_\_\_\_ (something you appreciate or value).
- In the face of challenges, I see them as opportunities to \_\_\_\_\_ (growth mindset statement).
- I am deserving of \_\_\_\_\_ (positive outcome or experience) because I am \_\_\_\_\_ (positive characteristic).
- I show compassion and kindness to myself and others by \_\_\_\_\_ (action you take).
- I trust in my ability to overcome obstacles because I have faced and conquered \_\_\_\_\_ (past challenges).
- I am in control of my thoughts and choose to focus on \_\_\_\_\_ (positive mindset statement).
- I am proud of myself for \_\_\_\_\_ (accomplishment or personal growth).
- I am surrounded by love, support, and \_\_\_\_\_ (positive emotion) from \_\_\_\_\_ (people or sources).