

### **POSITIVE AFFIRMATIONS**

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|---|--|
| 1. I enjoy life!                            | 31. I like to gain knowledge!              |
| 2. I am cheerful!                           | 32. I am thoughtful!                       |
| 3. I am brave!                              | 33. I am a good friend!                    |
| 4. I have a great imagination!              | 34. People like me!                        |
| 5. I love to read!                          | 35. I like school!                         |
| 6. I forgive others!                        | 36. I am honest!                           |
| 7. I am a friendly person!                  | 37. I am kind to others!                   |
| 8. I care about others!                     | 38. I can control my actions!              |
| 9. I have many talents!                     | 39. I am good at _____!                    |
| 10. I learn from my mistakes!               | 40. I share with others!                   |
| 11. I can think!                            | 41. I like to smile!                       |
| 12. I like to write!                        | 42. I like challenges!                     |
| 13. I can listen!                           | 43. I am happy!                            |
| 14. I can handle problems calmly!           | 44. I love my family!                      |
| 15. I have good handwriting!                | 45. I forgive myself!                      |
| 16. I like myself!                          | 46. I have great ideas!                    |
| 17. I laugh every day!                      | 47. I like to wonder!                      |
| 18. I am good at spelling!                  | 48. I am kind to animals!                  |
| 19. I believe in myself!                    | 49. I am a lovable person!                 |
| 20. I have many friends!                    | 50. I look for the good in others!         |
| 21. I focus on the positive!                | 51. I go to a great school!                |
| 22. I am responsible!                       | 52. I like the way I look!                 |
| 23. I finish my homework!                   | 53. I like to try new things!              |
| 24. I get better every day!                 | 54. I avoid things that harm my body!      |
| 25. I help others!                          | 55. I like sports!                         |
| 26. I am healthy!                           | 56. I have a great life!                   |
| 27. I can control my temper!                | 57. I play fair!                           |
| 28. I like to work!                         | 58. I am unique!                           |
| 29. I am happy!                             | 59. I like to exercise!                    |
| 30. I think positive thoughts about myself! | 60. I take responsibility for my mistakes! |

