

Positive Affirmations

I love being me

I get better every
day

I am unique

I am special

I am whole

I am awesome

Positive Affirmations

I make a positive
difference in the
world

I do my best every
day

I am always willing
to learn

I believe in myself

I am smart

I am fun

Positive Affirmations

I trust myself

I can do it

I can do anything I
put my mind to

I can be anything I
want to be

I am loved

I am worthy of love

Positive Affirmations

I am blessed

I am limitless

I focus on positivity

I am thankful

I am safe

I am helpful

Positive Affirmations

I am truthful

I am forgiving

I am kind

I am peaceful

I am thankful

I am talented

Positive Affirmations

I am confident

I am strong

I get stronger
everyday

I am brave

I am disciplined

I am respectful

Positive Affirmations

I am responsible

I am polite

I am beautiful

I will face my fears

I will overcome my
fears

I am persistent

Positive Affirmations

I am determined

I am patient

I am enough

I am capable

I am a leader

I am a good
influence on others

Positive Affirmations

I spread joy

I am generous

I am optimistic

I am supportive

I am
compassionate

I am a good
listener

Positive Affirmations

I am a good sport

I am happy for
other's success

I love to share with
others

I give freely

I am proud of
myself

I am capable of
great things

Positive Affirmations

I am important

I trust my intuition

I choose to start
today with a smile

I choose to have a
happy day

I reach for the
stars

I can do hard
things

Positive Affirmations

I am going to train
my brain to do it

I love to learn new
things

I like to challenge
myself

I am open to new
experiences and
new things

I embrace and
accept change.
Change is good
and helps me to
grow

I find ways and
love to overcome
challenges

Positive Affirmations

I like to work hard

I don't give up

I can get through
anything

I am creative

I have great ideas

I reach for the
stars

Positive Affirmations

I deserve to be
happy

I have happy
thoughts

It's okay to make
mistakes.

I learn from my
mistakes.
Mistakes are a
chance to grow

I forgive myself for
my mistakes

I stand for my
beliefs

Positive Affirmations

My opinion is
important

I have the power
to make my
dreams come true

I believe in my
dreams

I choose my
attitude

I choose my
reaction

I am in charge of
my emotions

Positive Affirmations

I am in charge of
my decisions

I am responsible
for my decisions

I am responsible
for my actions

I can handle any
obstacle

I am a problem
solver

Problems help me
learn and grow

Positive Affirmations

When I need help,
I will ask for it

I am gentle with
myself

I can live in the
moment

Having quiet, alone
time is good for
me

I am gentle with
others

I will make sure it's
my best work

Positive Affirmations

My best is enough

I've got this

I get stronger, it
doesn't get easier.

Struggling makes
me stronger

When I struggle,
I always learn
something new

I keep my body
healthy

Positive Affirmations

I enjoy healthy
food

I love to exercise

I create my own
path

I enjoy spending
time with myself

I see the beauty in
every situation and
everything

I will be successful

Positive Affirmations

I can do it and I will
do it

Enjoy :)

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