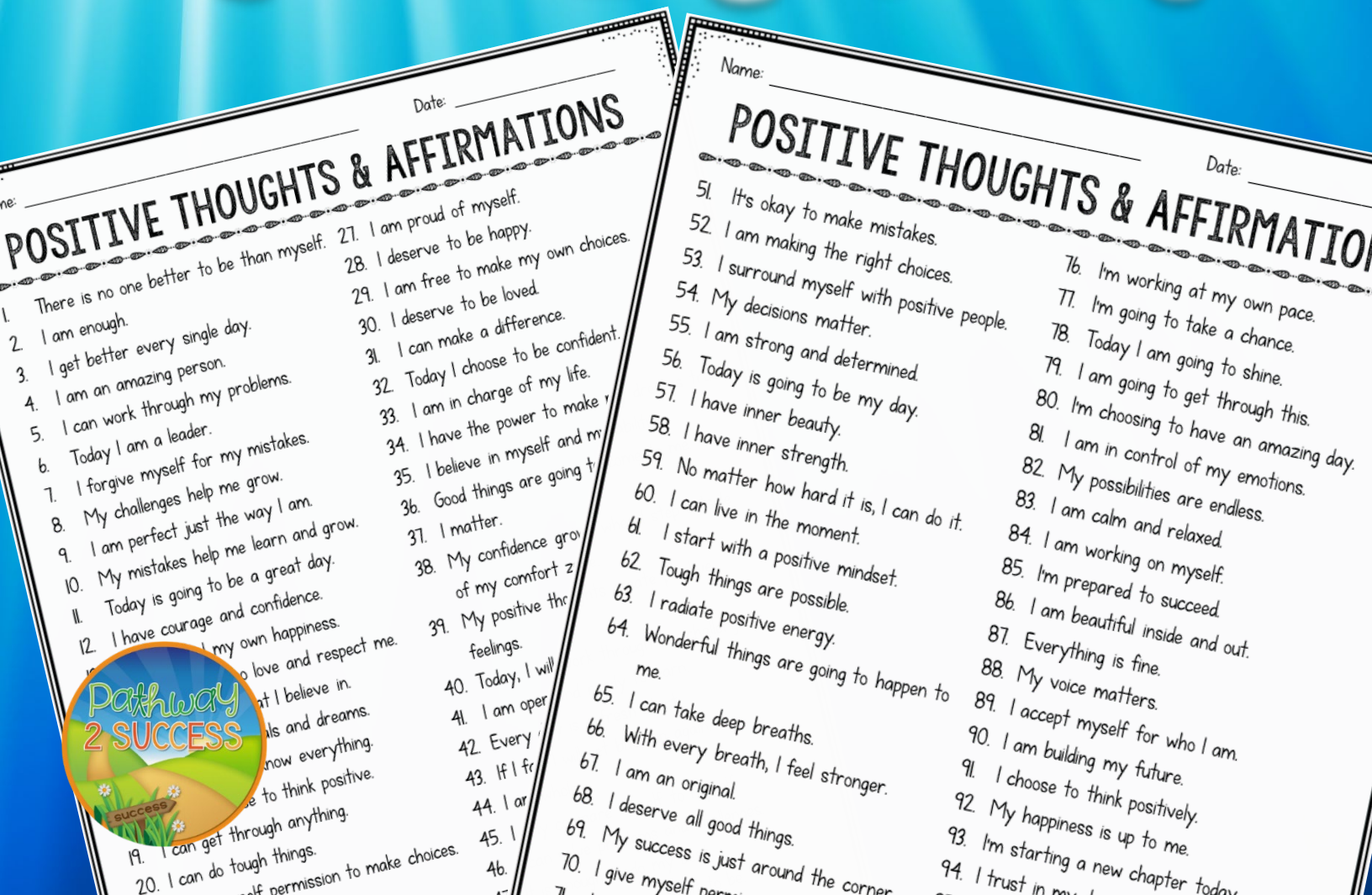
POSITIVE THINKING Affirmations



Name: _____ Date: _____

POSITIVE THOUGHTS & AFFIRMATIONS

1. There is no one better to be than myself.
2. I am enough.
3. I get better every single day.
4. I am an amazing person.
5. I can work through my problems.
6. Today I am a leader.
7. I forgive myself for my mistakes.
8. My challenges help me grow.
9. I am perfect just the way I am.
10. My mistakes help me learn and grow.
11. Today is going to be a great day.
12. I have courage and confidence.
19. I can get through anything.
20. I can do tough things.
27. I am proud of myself.
28. I deserve to be happy.
29. I am free to make my own choices.
30. I deserve to be loved.
31. I can make a difference.
32. Today I choose to be confident.
33. I am in charge of my life.
34. I have the power to make
35. I believe in myself and m
36. Good things are going t
37. I matter.
38. My confidence gro of my comfort z
39. My positive th feelings.
40. Today, I will
41. I am oper
42. Every
43. If I f
44. I a
45. I
46.

Name: _____ Date: _____

POSITIVE THOUGHTS & AFFIRMATIO

51. It's okay to make mistakes.
52. I am making the right choices.
53. I surround myself with positive people.
54. My decisions matter.
55. I am strong and determined.
56. Today is going to be my day.
57. I have inner beauty.
58. I have inner strength.
59. No matter how hard it is, I can do it.
60. I can live in the moment.
61. I start with a positive mindset.
62. Tough things are possible.
63. I radiate positive energy.
64. Wonderful things are going to happen to me.
65. I can take deep breaths.
66. With every breath, I feel stronger.
67. I am an original.
68. I deserve all good things.
69. My success is just around the corner.
70. I give myself
76. I'm working at my own pace.
77. I'm going to take a chance.
78. Today I am going to shine.
79. I am going to get through this.
80. I'm choosing to have an amazing day.
81. I am in control of my emotions.
82. My possibilities are endless.
83. I am calm and relaxed.
84. I am working on myself.
85. I'm prepared to succeed.
86. I am beautiful inside and out.
87. Everything is fine.
88. My voice matters.
89. I accept myself for who I am.
90. I am building my future.
91. I choose to think positively.
92. My happiness is up to me.
93. I'm starting a new chapter today.
94. I trust in my

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POSITIVE THINKING AFFIRMATIONS

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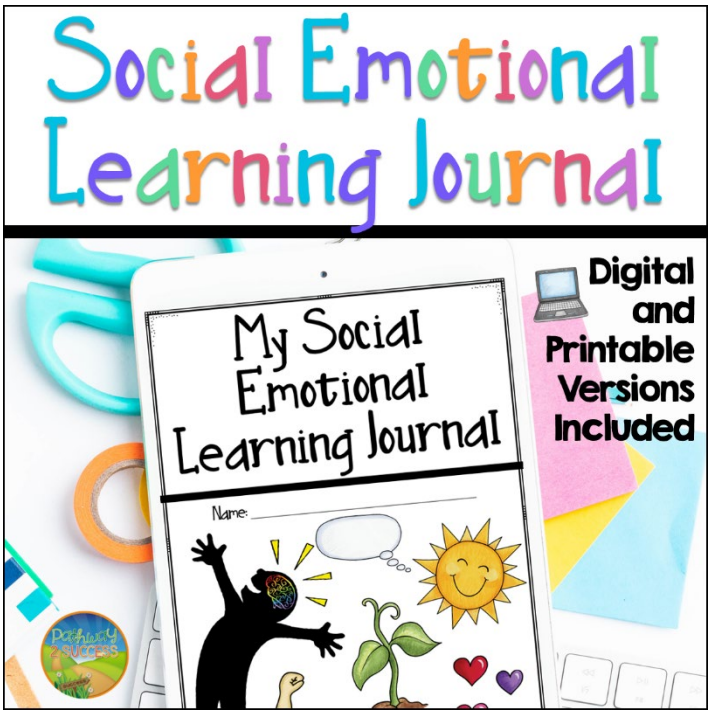
If you enjoy this resource, consider more social emotional activities:



For more ideas, head to:

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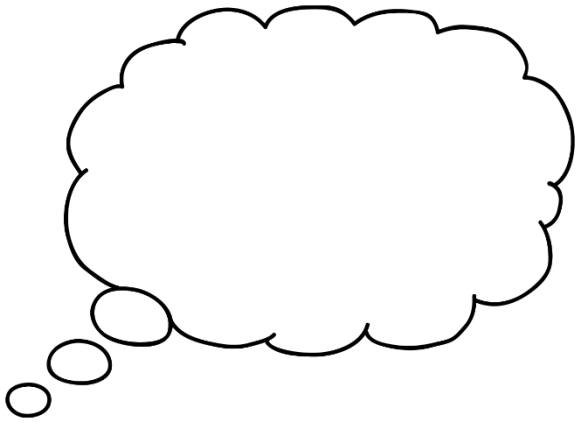
POSITIVE THINKING SKILLS

Positive thinking is a powerful tool that can improve your health, help you manage stress, overcome challenges, and make better choices. Everyone can benefit from improving their positive thinking skills! The idea is that by changing your thinking, you can stay calm and solution-focused. Positive thinking skills often start with positive-self talk, which means using the voice in your head to say positive thoughts about yourself or a situation.

Use the list of positive thoughts and affirmations by reading them, discussing how they might help, and identifying which phrases would work best for you. Different phrases are going to work better for different people, and that's okay. Find the ones that work best for you! Write your top 10 favorite positive affirmations down.



Name: _____ Date: _____

MY POSITIVE THOUGHTS & AFFIRMATIONS

List some positive thoughts and affirmations you can say to yourself.

#1	There is no one better to be than myself.
#2	I am enough.
#3	I can make a difference.
#4	I am proud of myself.
#5	Today will be a great day.
#6	I can get through anything.
#7	I matter.
#8	I believe in myself.
#9	My challenges help me grow.
#10	I get better every single day.

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Best of all, you can read from the list of positive affirmations during times when you need extra support. These are a tool for you now and in the future!

You can use your list to help start your day on a positive note, before a stressful situation, when you feel upset, or just to help them improve your mood.

It's also important to note that positive thinking is a practice. The more you do it, the stronger your skills get.

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Name: _____ Date: _____

POSITIVE THOUGHTS & AFFIRMATIONS

1. There is no one better to be than myself.
2. I am enough.
3. I get better every single day.
4. I am an amazing person.
5. I can work through my problems.
6. Today I am a leader.
7. I forgive myself for my mistakes.
8. My challenges help me grow.
9. I am perfect just the way I am.
10. My mistakes help me learn and grow.
11. Today is going to be a great day.
12. I have courage and confidence.
13. I can control my own happiness.
14. I have people who love and respect me.
15. I stand up for what I believe in.
16. I believe in my goals and dreams.
17. It's okay not to know everything.
18. Today I choose to think positive.
19. I can get through anything.
20. I can do tough things.
21. I give myself permission to make choices.
22. I can do better next time.
23. I have everything I need right now.
24. I am capable of so much.
25. Everything will be okay.
26. I believe in myself.
27. I am proud of myself.
28. I deserve to be happy.
29. I am free to make my own choices.
30. I deserve to be loved.
31. I can make a difference.
32. Today I choose to be confident.
33. I am in charge of my life.
34. I have the power to make my dreams true.
35. I believe in myself and my abilities.
36. Good things are going to come to me.
37. I matter.
38. My confidence grows when I step outside of my comfort zone.
39. My positive thoughts create positive feelings.
40. Today, I will work through my challenges.
41. I am open and ready to learn.
42. Every day is a fresh start.
43. If I fall, I will get back up again.
44. I am whole.
45. I only compare myself to myself.
46. I can solve problems and challenges.
47. It is enough to do my best.
48. I can be anything I want to be.
49. I accept who I am.
50. Today is going to be an awesome day.

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POSITIVE THOUGHTS & AFFIRMATIONS

51. It's okay to make mistakes.
52. I am making the right choices.
53. I surround myself with positive people.
54. My decisions matter.
55. I am strong and determined.
56. Today is going to be my day.
57. I have inner beauty.
58. I have inner strength.
59. No matter how hard it is, I can do it.
60. I can live in the moment.
61. I start with a positive mindset.
62. Tough things are possible.
63. I radiate positive energy.
64. Wonderful things are going to happen to me.
65. I can take deep breaths.
66. With every breath, I feel stronger.
67. I am an original.
68. I deserve all good things.
69. My success is just around the corner.
70. I give myself permission to make mistakes.
71. I am thankful for today.
72. I strive to do my best every day.
73. I'm going to push through.
74. I've got this.
75. I can take it one step at a time.
76. I'm working at my own pace.
77. I'm going to take a chance.
78. Today I am going to shine.
79. I am going to get through this.
80. I'm choosing to have an amazing day.
81. I am in control of my emotions.
82. My possibilities are endless.
83. I am calm and relaxed.
84. I am working on myself.
85. I'm prepared to succeed.
86. I am beautiful inside and out.
87. Everything is fine.
88. My voice matters.
89. I accept myself for who I am.
90. I am building my future.
91. I choose to think positively.
92. My happiness is up to me.
93. I'm starting a new chapter today.
94. I trust in my decisions.
95. I can change the world.
96. I am smart.
97. I choose my own attitude.
98. I am important.
99. I am becoming the best version of myself.
100. Today I will spread positivity.
101. I am choosing my direction.

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POSITIVE THOUGHTS & AFFIRMATIONS

102. I can make my dreams come true.
103. I've got what it takes.
104. Big things start with small steps.
105. I am growing and learning every day.
106. My confidence is soaring.
107. I'm ready to take up positive habits.
108. I'm thankful for today.
109. I am a warrior.
110. I am celebrating my wins.
111. I choose to focus on what I can change.
112. My strength is greater than my struggle.
113. I inspire others.
114. I can always improve.
115. I am a powerhouse.
116. My ideas are unique.
117. If someone doesn't believe in me, I will prove them wrong.
118. I am becoming a stronger person.
119. I practice to get better.
120. I am a magnet for success.
121. Today is the day.
122. I am magnificent.
123. My struggles make me strong.
124. I strive for progress, not perfection.
125. I am a problem-solver.
126. Challenge is my middle name.
127. I have people who love me.
128. I'm ready to make my dreams come true.
129. I have so much to be grateful for.
130. My feelings matter.
131. My quirks make me who I am.
132. I am capable of overcoming challenges.
133. I am doing my best.
134. Every day is a new chance to thrive.
135. I choose hope over fear.
136. I deserve the best.
137. Challenges build character.
138. If I fall, I will get right back up.
139. There is no one else quite like me.
140. I see the value in myself.
141. I trust myself to make good decisions.
142. I am talented.
143. I give myself permission to have ups and downs.
144. I am generous.
145. Even when I'm good at something, I can always learn more.
146. Nothing starts off easy.
147. I am exactly where I need to be.
148. My attitude makes all the difference.
149. I can breathe and relax.
150. Good things are coming my way.

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Name: _____ Date: _____

MY POSITIVE THOUGHTS & AFFIRMATIONS

List some positive thoughts and affirmations you can say to yourself.

#1	
#2	
#3	
#4	
#5	
#6	
#7	
#8	
#9	
#10	

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Name: _____ Date: _____

MY POSITIVE THOUGHTS & AFFIRMATIONS

List some positive thoughts and affirmations you can say to yourself.

#1	There is no one better to be than myself.
#2	I am enough.
#3	I can make a difference.
#4	I am proud of myself.
#5	Today will be a great day.
#6	I can get through anything.
#7	I matter.
#8	I believe in myself.
#9	My challenges help me grow.
#10	I get better every single day.

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• About the Author •

Kristina is an educator, curriculum specialist, and resource author with over 15 years' experience in the education field. She has a bachelor's degree in special and elementary education, and a master's degree in special education. She has worked extensively teaching learners with social-emotional and executive functioning needs, developing classroom and school-wide interventions, and supporting other educators. Her goal is helping learners find their individual pathway to success.

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