

# Positive Affirmations

Print out these positive phrases, cut them into separate squares and look at one every morning. Or give one to a friend as a gift.

I believe  
in myself



Today is a  
beautiful day



I am grateful for  
all the ★  
★ wonderful  
things in my life

Never dull  
your sparkle



I am loved



I am  
courageous



I am a good  
friend



I have the  
confidence to  
be myself



I am smart and  
make good  
choices



I am grateful for  
my friends and  
family ★



It's okay if I  
make mistakes  
and am not  
perfect



I am enough

