

I am -----

I am good at -----

I believe -----

I got this!

# Positive Affirmations for Kids

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I am smart.	I am a good friend.
I am a great listener.	I am loved.
I am unique.	I am compassionate.
I show empathy to others.	I am brave.
I have a strong body.	I like myself the way I am.
I am creative.	I am resilient.
I care for others.	There is no one quite like me!
I am helpful.	I am funny.
I have a positive attitude.	I try my hardest.
I love my life!	I am beautiful inside and out.

# Positive Affirmations for Kids & Young Adults

**There is no one better to be than myself.**

**I am enough.**

**I get better every single day.**

**I am an amazing person.**

**All of my problems have solutions.**

**Today I am a leader.**

**I forgive myself for my mistakes.**

**My challenges help me grow.**

**I choose my own attitude.**

**I'm choosing to have an amazing day.**

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