

POSITIVE AFFIRMATIONS

Print this out and stick it on your fridge or notice board. Choose one or two affirmations to repeat throughout the day.



1. I am intelligent and I love to learn
2. I choose to be confident with my learning
3. I can change the world
4. I can overcome challenges, challenges help me grow
5. I will be okay no matter what
6. I have the power to make my life what I want it to be
7. I make each day better than yesterday
8. I am creative and new ideas come to me all the time
9. I can learn anything when I am calm
10. I am patient with myself
11. I am a problem solver
12. I am a winner
13. I am improving every single day in every single way
14. I am proud of who I am
15. I will focus on how blessed I am and not how stressed I am

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