

POSITIVE AFFIRMATIONS

Remember all of the things that you are!

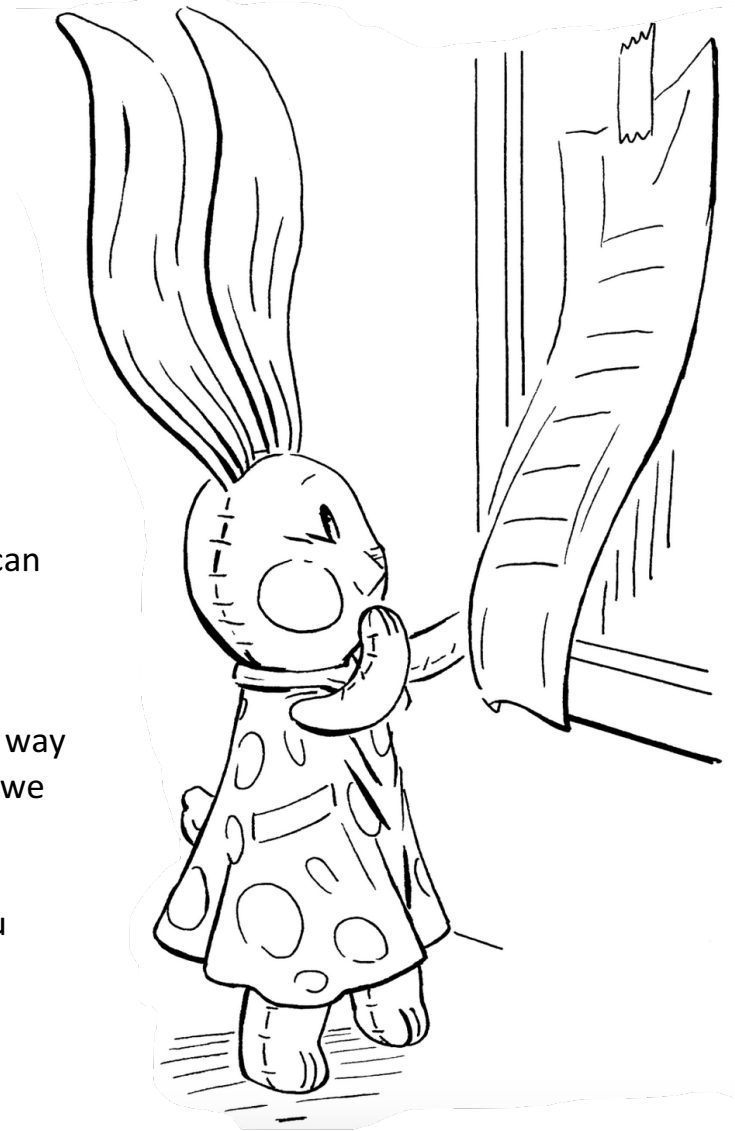
I am _____

I am _____

I am _____

I am _____

I am _____



Sometimes feeling worried and sad can make us forget all of the things that make us EXTRAORDINARY.

Using positive affirmations is a great way to remind ourselves of how SPECIAL we are!

Here are some words to help get you started:

Creative

Funny

Amazing

Patient

Brave

A good listener

Determined

Caring

Intelligent

Strong

Hardworking

A great friend

Generous

Loved