

100

# Affirmations

## For Kids

I am great at being myself.  
I am great as I am.  
Everyday I am growing  
I am the best person I can be.  
I find solutions to problems.  
I am great at working with others.  
I easily forgive myself for my mistakes.  
When I am challenged I grow  
I am a peaceful existence  
I take responsibility for my mistakes  
Today is a great day  
I have courage and confidence.  
I have joy  
I am loved and respected  
I stand up for my needs  
I believe in myself and my dreams  
I am excited to learn new things  
I choose to think positive  
I am supported through all things  
What I think I can create  
I make positive choices  
All of my needs are taken care of.  
I can accomplish all things when I focus  
I trust in myself  
I love myself completely  
I like the person I am  
I can choose to be happy  
I choose to be happy  
I have love all around me  
I love my life  
I have confidence in myself  
I have peace all around me  
I have the ability to create  
I enjoy creating positive things  
I can get along with others  
I exist

My dreams are supported  
When I think positively I feel good  
I take care of myself  
I am open to learning new things  
I can think new thoughts  
I choose to be safe  
I am whole.  
I enjoy being myself around others  
I enjoy physical activities that keep me healthy  
I enjoy eating healthy foods  
I can focus  
I accept myself  
I enjoy listening to positive music  
I watch shows that are beneficial for my learning  
I make learning fun  
I choose friends who are positive  
I am aware of my surroundings  
I enjoy resting when needed  
I listen easily  
I believe in my abilities  
I enjoy being in nature  
I am patient with myself  
I am present  
I wake up with a positive attitude  
All things are possible  
I am a positive person  
Great experiences happen for me  
I enjoy taking deep breaths  
Everytime I breathe deeply I feel great  
I AM  
I am radiant  
I am successful  
I am smart  
I am generous  
I am friendly  
I do all things with grace  
I treat myself with respect

I take my time when doing important things  
I can start over as many times as needed  
I have fun  
I am thankful for each day  
I am positively guided  
I choose to enjoy each day  
I am in control of my emotions  
I know what excites me  
I am calm  
I am relaxed  
I excel in life  
I am beautiful inside and out.  
I have peace  
My voice matters.  
I love myself at all times  
My future is important to me  
Positive thoughts help me succeed  
I make positive steps towards my future  
Each moment is a moment to feel good  
I trust in my decisions.  
I can change myself  
I am great.  
I am wise  
I have value  
I radiate love  
I radiate joy  
I am great existence.