

# Affirmations

## For Children

1. I am important
2. I am smart
3. I am a good friend
4. I am kind and loving
5. I am grateful for my body
6. I am loved
7. I am brave
8. I am a good listener
9. I am helpful
10. I am happy
11. I try my hardest
12. I'm proud of myself
13. I care about others
14. I can do hard things
15. I believe in me
16. I love to learn from challenges
17. I enjoy new adventures
18. I am safe
19. Today is a great day
20. I am free to be myself
21. I am truthful
22. I like to share what I have
23. I have many talents
24. I get better every single day
25. I can do anything

