My Positive
Affirmations Journal





I am strong. I am brave. I am happy. I am smart. I am beautiful. I am calm.

I am loved.

I am safe.

I am liked.

I have friends.

I am kind.

I am gentle.

I am talented.

I am honest.

I am important.

I am relaxed.

I am creative.

I am unique.

I am helpful.

I am courageous.











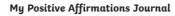




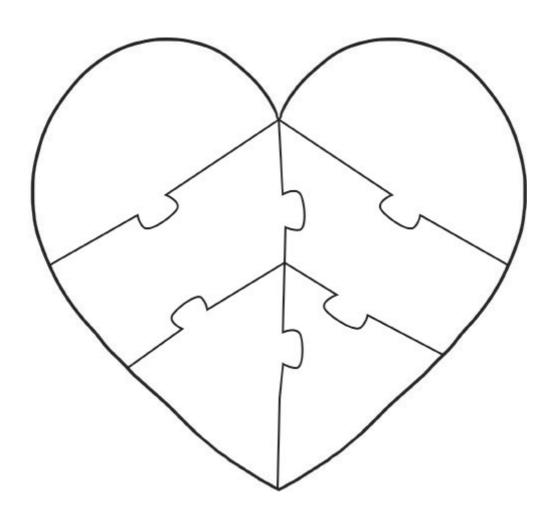








Choose six positive affirmations that best describe you.





I am loved.



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	at home;	a
	at school;	
	in your community.	

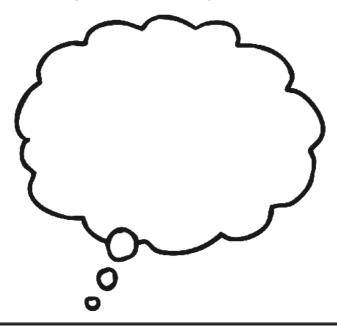
I am strong.



Think about four occasions you have shown strength in some way. Remember we all have inner strength as well as physical strength.

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Do you think we should always remain strong and never show weakness? Reflect and record your personal thoughts in the thought bubble.



I am brave.

Write as many words as you can that are associated with bravery.



When have you shown bravery?

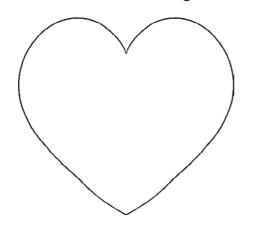
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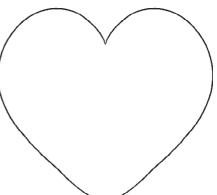
I am kind.

No act of kindness, no matter how small, is ever wasted.

Aesop

How can you show kindness to someone today?

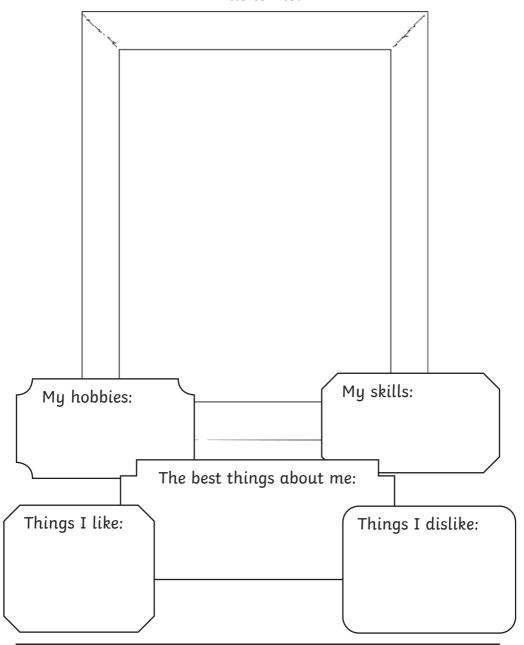




How can you be kind to yourself today?

I am unique.

This is me!



I will achieve my dreams.

What is your dream for the future?

Draw your future self.

In each star write a target that will help you achieve your dream.

