

POSITIVE AFFIRMATIONS

What are they?

Negative self-talk is common and can be a struggle. We can easily get into the habit of talking negatively about ourselves or situations and this can make us feel bad. Using a positive statement can help you to re-think these negative thoughts and remember the good in every situation.

Choose a statement from the list below or make one up that means something to you and repeat, repeat, repeat. Repetition helps information to sink in.

I am enough

I can do hard things

I can do better

I am unique

I am capable

I am brave

I am worthy

I am a good person

I believe in myself

I am not my mistakes

I am proud of myself

I can learn

I am strong

I am loved

I am safe



Activity idea

To make positive affirmations part of your everyday routine, you can turn affirmations into a fun game you play every day. Write a different affirmation down on different coloured slips of paper, fold them up and put them in a jar you have decorated. Every day you choose a new affirmation to repeat to yourself. Keep all the affirmations ready at hand for whenever you might need the reminder