

# Daily Affirmations

## What is an affirmation?

An affirmation is a short and simple phrase that lifts you up when you're feeling down. When you say these positive and powerful words out loud, they can help you push away negative thoughts and feelings about yourself.

## How do they work?

Even when you're feeling happy, repeating affirmations every day can boost your self-esteem, change your attitude, and maintain your positive mood. Try reciting affirmations each morning or night and see how it makes you feel.

Which affirmations give you strength? Circle the affirmations you like most. What are some things you love about yourself? Write your own affirmation!

