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!

I can do anything I set my mind to.

I am strong.

The BEST person to be is MYSELF.

It's OKAY to be afraid.

My heart is full of love.

I am brave.

Every day is a fresh start.

I am unique.

I am SMART.

I will stay true to myself no matter what.

I BELIEVE in myself.

I forgive myself for mistakes I've made.

I will make my OWN choices.

I am important.

I can do hard things.

I will LEARN from my mistakes.

My voice matters.

I am creative.

It's OKAY to make mistakes.

My life matters.

I am a good friend.

I am LOVED.

Doing my best is ENOUGH.

I can make a difference in this world.

Troomi
DIGITAL WELLNESS