

Positive Affirmations for Kids

1. I love myself, I'm a great boy/girl
2. I love myself exactly the way I am
3. My family loves me. Or even adores me!
4. My family loves me exactly the way I am
5. I love learning things. Everyday, I am a little bit wiser.
6. I am going to learn something interesting today
7. My teachers like me and want to help me learn lots of interesting and useful things
8. I am a kind person
9. I am a good brother/sister
10. I am a good son/daughter
11. I am a good friend
12. I am polite
13. I am generous
14. I am trustworthy
15. I am very special
16. I am patient
17. I have a great sense of humor
18. I am fun to be with
19. I want to be a better person everyday
20. I am helpful. I help with household chores
21. I am helpful. I like to help my classmates
22. I care about others

Positive Affirmations for Kids

23. I am proud of myself
24. I am going to have a great day!
25. I am going to be happy today.
26. I am grateful for the good things in my life
27. I make things happen, when I work towards my goals
28. I make my dreams come true, when I plan and work towards them
29. I learn from my mistakes. They teach me valuable lessons
30. I learn more from a mistake than from a success
31. Challenges help me become even wiser! I am a problem solver. I like to look for solutions
32. I have special talents
33. I have an amazing imagination
34. I have a great memory
35. I come up with great ideas
36. I can control my temper
37. I work hard
38. I persist till I reach my objectives
39. I make good decisions
40. I am very good at learning languages
41. I love my life!

Overcoming Anxiety

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Positive Affirmations

1. I can control how my thoughts make me feel
2. I can control my emotions
3. I can change bad thoughts into good thoughts
4. Today I'm going to have a great day
5. I am feeling relaxed
6. I am going to be happy today
7. I do my breathing exercises and I manage to control my anxiety
8. I feel anxious but I can cope with the situation
9. I am feeling calmed
10. I am brave: I overcome my fears