

POSITIVE Affirmations

Daily affirmations are a great way to build confidence, control negative emotions, and improve self esteem. Say these aloud daily to start your day with positive energy. Daily affirmations are a great way to build confidence, control negative emotions, and improve self esteem. Say these aloud daily to start your day with positive energy.

- I am on the right track.
- I can do hard things.
- Today I choose to be happy.
- I ask for help when I need it.
- I am brave enough to try.
- It's okay to make mistakes.
- I haven't figured it out YET.
- Today is a good day.
- I am enough.
- I am smart.
- My happiness is up to me.
- I believe in myself.
- I am loved.
- I can do anything.
- I am confident.
- I can change the world.
- My voice matters.
- I can do this.
- I love myself.
- I can make a difference.
- I choose to think positively.
- I am building my future.
- I matter.
- All of my problems have solutions.
- I'm choosing to have an amazing day.
- I surround myself with positive people.
- The more I let it go, the better I will feel.
- I give myself permission to make mistakes.
- I am working on myself.
- I get better every single day.

 Kristen Amerson Youth Foundation, Inc.

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