

## AFFIRMATIONS

<b>I have lots of friends</b>
<b>I am a good friend to myself</b>
<b>I play well with others</b>
<b>I'm a good sport</b>
<b>I am helpful</b>
<b>I am a loving person</b>
<b>I'm a good listener</b>
<b>I ask good questions</b>
<b>I'm full of good ideas</b>
<b>My imagination is fabulous</b>
<b>I have a wonderful mind</b>
<b>I am very creative</b>
<b>I can do anything I set my mind to</b>
<b>I am confident - I can do it!</b>
<b>I believe in myself</b>
<b>I can .... run fast, read well, etc.</b>
<b>I'm really good at ... riding my bike, making friends, math, etc.</b>
<b>I have great ideas</b>
<b>There is no one else like me</b>

<b>I'm always in the right place at the right time</b>
<b>I feel happy!!</b>
<b>I choose to make today a great day</b>
<b>Good things happen to me all the time</b>
<b>I can be whatever I want to be</b>
<b>I am the best me I can be</b>
<b>People feel happy when they see me</b>
<b>I love my life and have lots of fun</b>
<b>I do my best all the time</b>
<b>I am loved</b>
<b>I believe in myself</b>
<b>I'm lucky!</b>
<b>I am special</b>
<b>I am healthy and strong</b>
<b>I feel great!</b>
<b>Every day in every way, I am getting better and better</b>
<b>I feel calm and relaxed</b>