

# **AFFIRMATIONS FOR ANXIETY**

- 1 I am attracting positive energy into my body.**
- 2 I am ridding my mind of negative thoughts and filling it with positive ones.**
- 3 Anxiety might make me feel uncomfortable but I am in charge of my mind and body.**
- 4 I am capable of solving any problems that face me.**
- 5 I breathe in relaxation, I breathe out tension.**
- 6 I am calmer with each deep breath I take.**
- 7 I am free of anxiety and am living a calm life.**
- 8 My mind is clearing and I am in control.**
- 9 I have everything I need for a happy life.**
- 10 I am capable of solving any problems that face me.**

# Positive Affirmations for Students

I am very good at gaining knowledge and making proper use of it.

I have a winner's mindset and I love accomplishing my goals.

I am kind and courteous to all people.

While writing answers, I recall information quickly.

There is no reason for me to compare myself to others.

Nothing can stop me from living the life of my dreams.

I have a sharp mind that makes me a very good student.



POSITIVE AFFIRMATIONS

# TO START YOUR DAY

I will be present in every moment.

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I am smart.

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I am kind.

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I am brave.

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I am beautiful.

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Today is a great day.

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# **Motivation Positive Affirmations**

**I choose my choices.**

**I am stronger than I know.**

**I am confident in my skills and gifts.**

**Working towards my goals consistently  
is easy for me.**

**I intend to make my wishes come true.**

**I see my goals clearly.**

**I am grateful for each moment of this life  
that I am blessed with.**

**I trust my journey.**



Name: \_\_\_\_\_

Date: \_\_\_\_\_

# POSITIVE THOUGHTS & AFFIRMATIONS

1. There is no one better to be than myself.
2. I am enough.
3. I get better every single day.
4. I am an amazing person.
5. I can work through my problems.
6. Today I am a leader.
7. I forgive myself for my mistakes.
8. My challenges help me grow.
9. I am perfect just the way I am.
10. My mistakes help me learn and grow.
11. Today is going to be a great day.
12. I have courage and confidence.
13. I can control my own happiness.
14. I have people who love and respect me.
15. I stand up for what I believe in.
16. I believe in my goals and dreams.
17. It's okay not to know everything.
18. Today I choose to think positive.
19. I can get through anything.
20. I can do tough things.
21. I give myself permission to make choices.
22. I can do better next time.
23. I have everything I need right now.
24. I am capable of so much.
25. Everything will be okay.
26. I believe in myself.
27. I am proud of myself.
28. I deserve to be happy.
29. I am free to make my own choices.
30. I deserve to be loved.
31. I can make a difference.
32. Today I choose to be confident.
33. I am in charge of my life.
34. I have the power to make my dreams true.
35. I believe in myself and my abilities.
36. Good things are going to come to me.
37. I matter.
38. My confidence grows when I step outside of my comfort zone.
39. My positive thoughts create positive feelings.
40. Today, I will work through my challenges.
41. I am open and ready to learn.
42. Every day is a fresh start.
43. If I fall, I will get back up again.
44. I am whole.
45. I only compare myself to myself.
46. I can solve problems and challenges.
47. It is enough to do my best.
48. I can be anything I want to be.
49. I accept who I am.
50. Today is going to be an awesome day.



## NOTE TO SELF

Your feelings are valid

Your boundaries are important

You are doing the best you can

It's ok to ask for help

You are worthy and lovable

You are allowed to say no

You are capable of amazing things

It's ok to start over and try again

# POSITIVE AFFIRMATION CARDS



I am excited  
for the  
future



I am perfect  
just the way  
I am



My voice is  
important  
and I am not  
afraid to use  
it



I choose to  
be kind



I use  
challenges as  
a way to  
grow



I can get  
through  
tough times



Doing my  
best is  
enough



I am  
beautiful  
inside and  
out

# THINGS

I Can Control

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MY CHOICES

MY THOUGHTS

MY ATTITUDE

MY BOUNDARIES

HOW I TREAT MYSELF

ASKING FOR HELP

HOW I BOUNCE BACK

HOW I TREAT OTHERS

HOW I EXPRESS MY

FEELINGS

# THINGS

I Cannot Control

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THE PAST

MISTAKES OF OTHERS

THE PANDEMIC

OPINIONS OF OTHERS

HOW OTHERS BEHAVE

THE WEATHER

CHOICES OF OTHERS

THOUGHTS OF OTHERS

OTHER PEOPLE'S FEELINGS