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.

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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.

I am smart.

I am kind.

I am brave.

I am beautiful.

Today is a great day.

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.

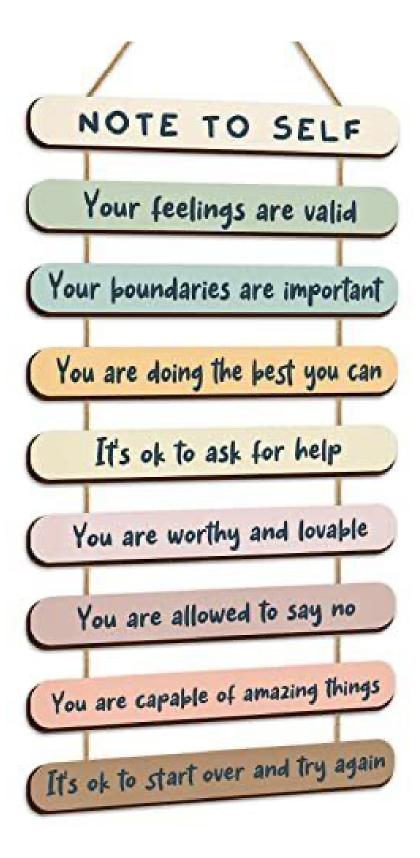


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ĺ.	There	is	no	one	better	to	he	than	myself.
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- I am enough.
- I get better every single day.
- 4. I am an amazing person.
- I can work through my problems.
- Today I am a leader.
- I forgive myself for my mistakes.
- My challenges help me grow.
- 9. I am perfect just the way I am.
- 10. My mistakes help me learn and grow.
- 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.
- It's okay not to know everything.
- 18. Today I choose to think positive.
- 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.

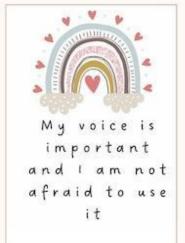
- 27. I am proud of myself.
- 28. I deserve to be happy.
- 29. I am free to make my own choices.
- 30. I deserve to be loved.
- 31. I can make a difference.
- 32. Today I choose to be confident.
- 33. I am in charge of my life.
- 34. I have the power to make my dreams true.
- 35. I believe in myself and my abilities.
- 36. Good things are going to come to me.
- 37. I matter.
- My confidence grows when I step outside of my comfort zone.
- 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. Laccept who Lam.
- 50. Today is going to be an awesome day.



POSITIVE AFFIRMATION CARDS

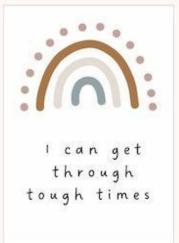


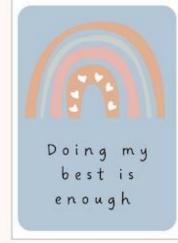


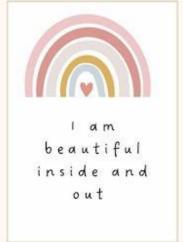












THINGS THINGS

I Can Control I Cannot Control

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

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