Positive Thinking

Directions: Choose 2 of the positive affirmations found below. In 3 sentences or less describe how you personally identify with each of the statements.

1. I am brave and face challenges head-on.
2. Every day I learn and grow.
3. I am unique and special in my own way.
4. Mistakes help me learn and improve.
5. I can achieve anything I set my mind to.
6. I am loved and cherished.
7. My thoughts and feelings matter.
8. I am capable of doing great things.
9. Kindness is my superpower.
10. I am surrounded by friends who care about me.
11. I believe in myself and my abilities.
12. I am a good listener and understand others.
13. I stand up for what is right.
14. My creativity knows no bounds.
15. Every day brings new adventures and opportunities.
16. I am patient and understanding.
17. I am a valuable member of my community.
18. I am responsible and can make good choices.
19. My dreams and aspirations are valid and important.
20. I am a beacon of positivity and joy.

A. I identify with # _____ because:

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B. I identify with # _____ because:

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