

Tips for using positive affirmations

- Experiment with different times to use them: when you wake up, before you go to sleep, in the shower, on the ride to school
- Write affirmations down in different places to use as helpful reminders
- Use the list as inspiration to create affirmations that are personal to you
- Make sure they feel natural to you and like something you'd say
- Repeat them a lot! Repetition is important for controlling your [monkey mind!](#)
- Place the affirmations poster or list somewhere you'll see every day. Choose one to focus on throughout the day to help you keep a positive mindset.

Self-esteem and confidence

1. I am strong.
2. I am confident.
3. I believe in myself.
4. I am important.
5. I am brave.
6. I am safe and secure.
7. I am awesome!
8. I am allowed to feel proud of myself.
9. I trust myself.
10. I listen to my heart.

Self-love and acceptance

11. I love myself.
12. I accept myself.
13. I am worthy.
14. I deserve to be happy.
15. I don't need to be perfect.
16. I don't need to be perfect to be accepted.
17. I accept my flaws.
18. I love and accept all parts of myself.
19. I forgive myself for my mistakes.
20. I think positive thoughts about myself.
21. I speak to myself with kindness.
22. It's okay to be sad.
23. It's okay to be angry.
24. It's okay to be scared.
25. I am allowed to feel all of my feelings.

Kindness, compassion and gratitude

26. I am kind.
27. I am grateful.
28. I am happy with what I have.
29. I am compassionate.
30. I forgive others for their flaws.

- 31. I help others.
- 32. I include others.
- 33. I consider other people's feelings.
- 34. I am generous.

Body Image

- 35. I love my body.
- 36. My body is perfect the way it is.
- 37. I don't compare myself to others.
- 38. I am grateful to my body.
- 39. My body is strong and healthy.
- 40. I respect my body.
- 41. I am beautiful.

Family relationships

- 42. I love my family.
- 43. I accept my family.
- 44. I am an important part of my family.
- 45. I can fight with my family and still be loved.
- 46. I can make mistakes and still be loved.
- 47. I am loved.
- 48. I belong.

Friendships

- 49. I am a good friend.
- 50. I am trustworthy.
- 51. I can be myself in my friendships.
- 52. I am allowed to be different than my friends.
- 53. I am allowed to have all kinds of friends.
- 54. I deserve to be accepted for my true self.
- 55. I deserve to be treated with kindness.
- 56. I don't need to fit in to belong.

Reaching your goals

- 57. I reach my goals.
- 58. I can make mistakes and still reach my goals.
- 59. I accept help from others to achieve my goals.
- 60. I am always learning.
- 61. I work hard.
- 62. I am determined.
- 63. I believe in my abilities.
- 64. I enjoy being challenged.

Calming your mind

- 65. I am calm.
- 66. I am peaceful.

67. I am relaxed.
68. I am present.
69. My mind is free from worry.
70. I let go of my worries.
71. I calm my mind with my breath.
72. My whole body is relaxed.
73. My mind, body and heart are calm.

Positive Communication

74. I stand up for myself.
75. I stand up for others.
76. My voice matters.
77. My opinions matter.
78. My words have power.
79. I speak with kindness.
80. I speak with respect.
81. I respect others even when I don't agree with them.
82. I have the courage to share my true feelings and opinions.
83. I am responsible for the words I speak.
84. I listen when others share their feelings and opinions.

Overcoming challenges

85. I overcome my challenges.
86. I peacefully resolve conflicts.
87. I find solutions to my problems.
88. I deal with anger in healthy ways.
89. I ask for help when I need it.
90. I don't need to go through my challenges alone.
91. I am supported in overcoming obstacles.
92. I learn from my mistakes.
93. I can handle any changes that come my way.

Creativity, Imagination and Following your dreams

94. I believe in my dreams.
95. I can reach my dreams.
96. I am creative.
97. I am imaginative.
98. I go with the flow.
99. I have good ideas.
100. I am open to new ideas.
101. Anything is possible.
102. My wildest dreams can come true.

Unity and connection

103. [We](#) are all connected.
104. We are more similar than different.
105. We all have something unique to contribute.

106. We work together to solve problems.
107. We create peace.
108. We can change the world!