

### *Positive Affirmations for Students*

Positive affirmations are simple sentences you use to describe how you want to be, or how you want your circumstances to be, in a way that affirms that it's already true, or on its way to becoming true.

#### My List of **Positive** Affirmation

I am extraordinary  
Bad emotions will pass  
I am going to get through this  
I make my own choices  
Doing my best is enough  
I am enough  
I can be anything I want to be  
I am a good person  
I am creative  
It's okay to be scared  
Mistakes are how I grow  
I get better every single day  
I can be a leader  
Happy thoughts create happy feelings  
I will be okay  
I can handle this  
Today will be a good day  
I am valuable  
There is always a reason to smile

I forgive myself for my mistakes  
Today, I am grateful  
I am perfect just the way I am  
Today is a fresh start  
I have people who love me  
It is okay to not know everything  
I choose to think positive  
I deserve happiness  
I am going to make today count  
I am capable  
I can make a difference  
My life is beautiful  
I believe in myself and my abilities  
I am important  
Being true to myself is what matters  
I decide my own attitude  
My choices are my own  
It's okay to make mistakes  
I am brave  
Today is a perfect day to be happy

Write your own inspirational affirmation

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## POSITIVE *Affirmation*

Positive affirmations are nice things you can say to yourself to make yourself feel better or get through a difficult situation.

Use the list above to help you choose some positive affirmations for the following scenarios:

1. When someone says something means to me, **I can tell myself:**

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2. When I make a mistake, **I can tell myself:**

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3. When plans don't go the way I expected, **I can tell myself:**

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4. When I'm feeling afraid, **I can tell myself:**

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5. When I am feeling angry, **I can tell myself:**

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*My happy*  
♦ **THOUGHTS** ♦  
*will become my,*  
**REALITY** ♦