

NEED SOME ENCOURAGEMENT?

TRY AFFIRMATIONS!

Affirmations are sayings or phrases of emotional support that we are invited to say to *ourselves*!

Affirmations can be extremely helpful when we are struggling with self-confidence or are experiencing hardship. This is because they remind us that we are good people who deserve love and respect, and that we can overcome difficult circumstances. If others around us have been unkind or even if we have been unkind to ourselves, **affirmations help us to rewrite the story** that we have been told! We can create our own affirmations or use some of the affirmations below. Enjoy!

1. I am worthy of love and belonging
2. I am a good person
3. I forgive myself for my mistakes
4. I deserve to be respected
5. I can do anything I set my mind to
6. I don't have to be perfect to be lovable
7. I will be kind to myself
8. I accept my flaws and imperfections
9. I am strong & brave
10. I am smart and talented
11. I matter
12. I am enough
13. I am good
14. My life has value
15. I deserve to be happy
16. I am on my way to becoming the best version of myself
17. I choose joy and happiness
18. I am not perfect but am improving everyday
19. I can handle whatever challenges come my way
20. I have so much to give to this world
21. The universe is on my side
22. I am resilient
23. I am stronger than I think
24. I will always believe in myself
25. I am a beautiful person

Ways to Use Affirmations:

- Say them outloud in a mirror
- Put the affirmation as a reminder in your phone
- Write them on sticky notes
- Write them in a journal