POSITIVE AFFIRMATIONS

Cut these positive messages out and hide them in conspicuous places for your kids to find— in their pocket, lunchbag, backpack, notebook, planner.

WHAT TO FOCUS ON:

THINK POSITIVE AND YOU WILL BE POSITIVE.

BE YOU NOT THEM

TODAY WILL BE GREAT.

HELLO. I LOVE YOU

BELIEVE YOU CAN AND YOU CAN

YOU ARE KIND
YOU ARE SMART
YOU ARE IMPORTANT

REMEMBER THAT.

NO ONE IS IN CHARGE OF YOUR HAPPINESS EXCEPT YOU.

SAY PLEASE AND THANK YOU

MISTAKES ARE PROOF THAT YOU ARE TRYING.

TRY YOUR BEST AND FORGET THE REST.

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CONSIDER HOW VERY FORTUNATE YOU ARE

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