

POSITIVE AFFIRMATIONS

Print then cut out the individual cards. Place them around your home for a uplifting reminder.

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

NO ONE
IS IN
CHARGE
OF YOUR
HAPPINESS
EXCEPT
YOU. ♥

REMEMBER THAT. ♥



wash
your
hands

MISTAKES
ARE
PROOF
THAT YOU
ARE
TRYING. ♥

TRY
YOUR
BEST
AND FORGET
THE REST. ♥

★
CONSIDER HOW
VERY FORTUNATE
YOU ARE



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