

# POSITIVE AFFIRMATIONS

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

WHAT TO FOCUS ON:



THINK POSITIVE  
AND YOU WILL  
BE POSITIVE. ♥

BE  
**YOU**  
NOT THEM

TODAY WILL BE  
**GREAT!**

HELLO.  
I ♥ YOU.

BELIEVE  
YOU CAN AND  
YOU CAN.

YOU ARE KIND.  
YOU ARE SMART.  
YOU ARE IMPORTANT.  
REMEMBER THAT.

YOU ARE LOVED  
JUST FOR BEING  
WHO YOU ARE.  
♥

COURAGE  
STARTS WITH  
SHOWING UP  
& LETTING YOURSELF BE  
SEEN.

MISTAKES ARE  
PROOF  
THAT YOU ARE  
TRYING.

TRY YOUR  
BEST  
AND FORGET  
THE REST.

★  
CONSIDER HOW  
VERY FORTUNATE  
YOU ARE.



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