

DECLARATIONS AND AFFIRMATIONS

I am brave

I am powerful

I am smart

I am a great listener

I am unique

I am creative

I care for others

I am helpful

I have a positive attitude

I am compassionate

I can overcome fear

I am enough

I have courage and confidence

I stand up for what I believe in

It's ok to make mistakes

I can make a difference

I am a world changer

I matter

If I fall I will get back up again

I can do my best

I can make good choices

I am important

I am a good friend

I am loved

I like myself the way I am

There is no one quite like me

I won't let limitations stop me

I am funny

I try my hardest

I am beautiful inside and out

I will use my voice for good

I am strong

I am respectful

I am kind

I am in control of my emotions

I am inspiring

I am not afraid to try

I love well

I will learn from mistakes

I am in charge of me

I won't give up

I carry joy