

Activity: Positive Affirmations

A positive affirmation is a statement that can be used to challenge **negative thoughts** and redirect our focus to a **positive belief**.

One way of doing this activity is to write affirmations on lots of different post-it notes and to stick them around your room or house. You could also write them on one page to create a positive poster.

When you are struggling with negative thoughts, you can read these affirmations and **repeat them** out loud or in your head.

Try to think of affirmations/reminders that are personal to you and the thoughts, feelings or insecurities you are trying to overcome. They should be things you **truly believe** about yourself. For example:



I am kind



**I am
hardworking
and
motivated**



**I am
talented**



**I am
brave**




**I am
important**



**I am
capable of
achieving
anything**



**I am
enough**



**I can do
anything
if I put
my mind
to it**



**My life is
important**



**I believe
in myself**



**I am beautiful
inside and out**



**I am
proud of
how far I
have
come**



**I am
not alone**



**I am
loved**



**I can get
through this**



**I am
strong**