

Positive Affirmation Cards

If used in group setting:

- You can start your groups by pulling one card (or more) and asking group members, "Who could use this card today and why?" Give the card to the group member who answers and allow them to keep it!

*I am exactly
where I need
to be*

I am brave

I am enough

I can & I will

*I am doing the
best I can, and
that is enough*

*I stand up
for myself*

I am hopeful

I am fearless



I am strong



*I am whole
& complete*



*I believe in
myself*



I matter

*I embrace
challenges*

*I trust
myself*

*The possibilities
in life excite &
energize me*

*I choose to
move on*



*I am
important*



*I choose
happiness*



I can let go



*I am at
peace*

I am safe

*I have strength
in my heart &
clarity in my
mind*

*My hard work
pays off*

I am fierce

*I am
unstoppable*

*I forgive myself for
making mistakes. I
am human and I
learn from them*

*I celebrate
myself*

*I am
grateful*



I love myself



*I deserve
the best*



*I am confident
& secure*



*I am proud
of myself*

*Every decision I
make is the right
one for me*

*I take care
of myself*

*I am my own
superhero*

*I am in
charge of
my life*

Credits



Instruct & Inspire
-Thank you for the
rainbow frames!

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