

Affirmations Builder

Affirmations are supporting or encouraging words we say, even to ourselves.

Read the prompts and complete the sentences about yourself. Start your sentences with “I am”, “I have” or “I will” to help create your own affirmations.

1) I am proud of myself because...

2) One thing I like about myself is...

3) Something kind I did for someone else was...

4) A strength I have is...

5) I feel happy when I...

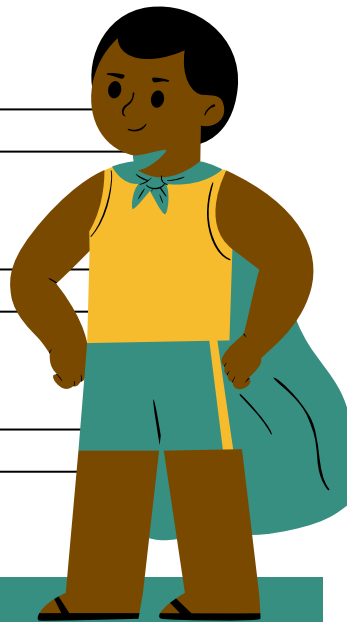
6) I am getting better at...

7) A challenge I overcame was...

8) I help others by...

9) I am unique because...

10) One thing I did this week that made me feel proud was...



Name: _____ Grade: _____ Date: _____

Positive Affirmations

Read the prompts and complete the sentences about you.

1) I can make a difference by...

2) I show respect to others by...

3) I am brave because...

4) I learn best when I...

5) I am good at...

6) I make my classroom a better place by...

7) I support my friends by...

8) One goal I have for myself is...

9) I enjoy learning about...

10) I can improve by...

