POSITIVE AFFIRMATIONS

*We know all about using the little voice in our heads to speak kindly and to encourage ourselves. Here are some of my favourites, you can use them or think of your own.*

* My challenges help me grow.
* It’s okay not to know everything.
* I have everything I need right now.
* I have the power to make my dreams true.
* I believe in myself and my abilities.
* I matter.
* My positive thoughts create positive feelings.
* I am open and ready to learn.
* Every day is a fresh start.
* It is enough to do my best.
* I accept who I am.
* I have inner beauty.
* I have inner strength.
* I start with a positive mindset.
* I can take deep breaths.
* With every breath, I feel stronger.
* I am an original.
* I am thankful for today.
* I’m going to push through.
* I can take it one step at a time.
* I’m working at my own pace.
* Today I am going to shine.
* I am going to get through this.