

Positive Affirmations



twinkl



It is important to start each day with a positive thought, as this thought can stay with you for the rest of the day.

Focussing on a positive thought can help you to feel happier and calmer. You can also share this positive thought with others, helping to make their day a little brighter too!



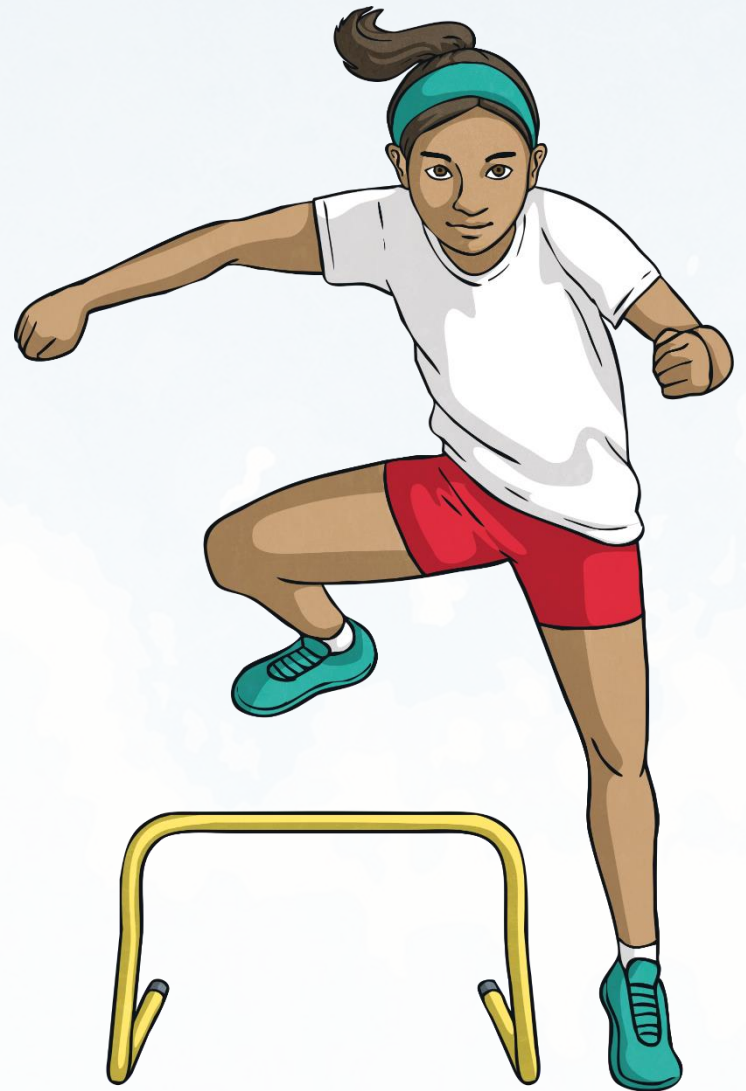
**Positivity is a
choice and I choose
to be positive.**



**I am a good
listener.**

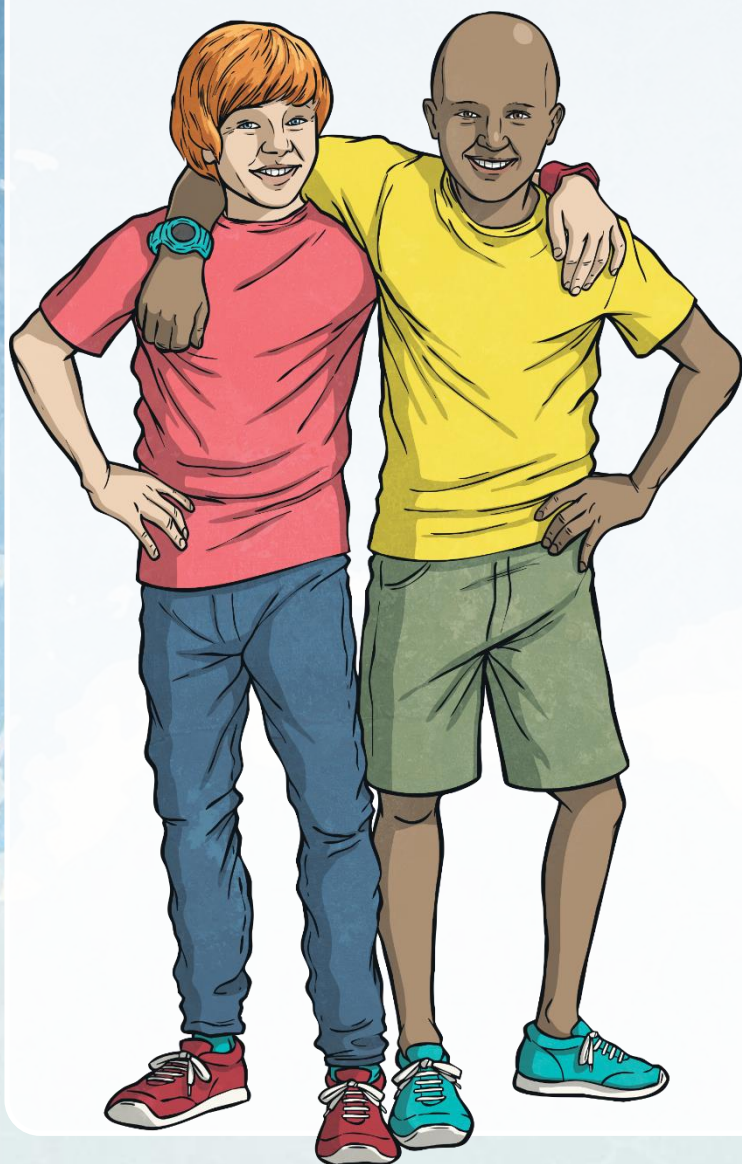


**I get better
every day.**



**I am
compassionate
and
understanding.**



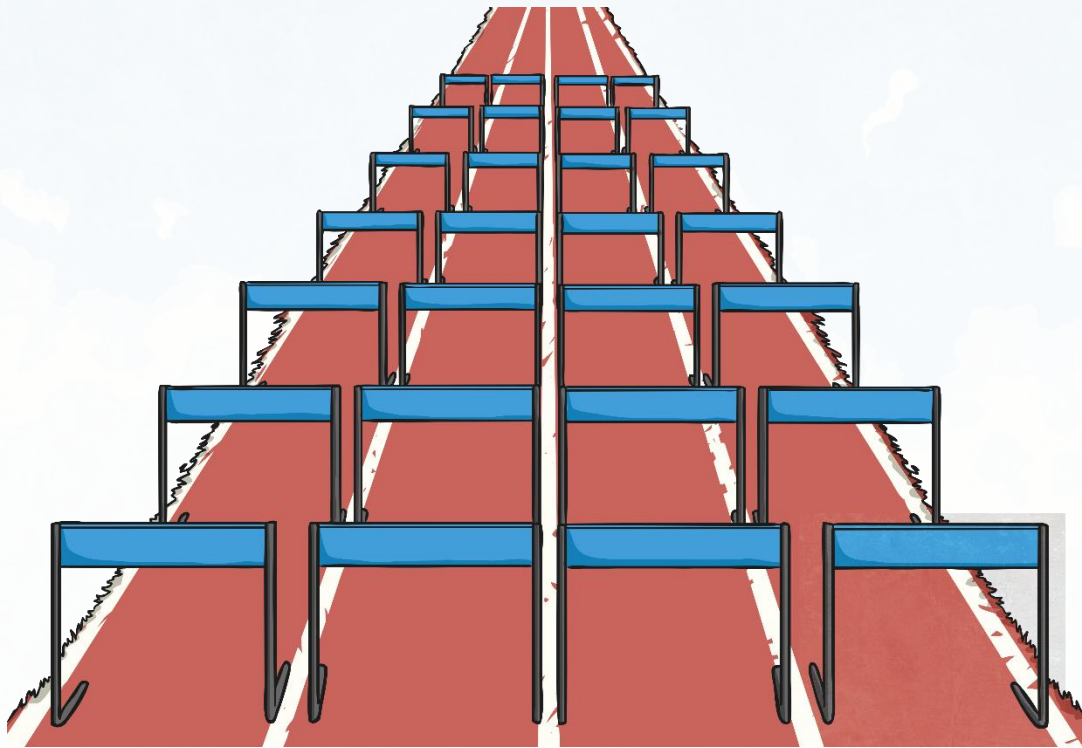


**I am a good
friend.**

**I am loved just
for being me.**

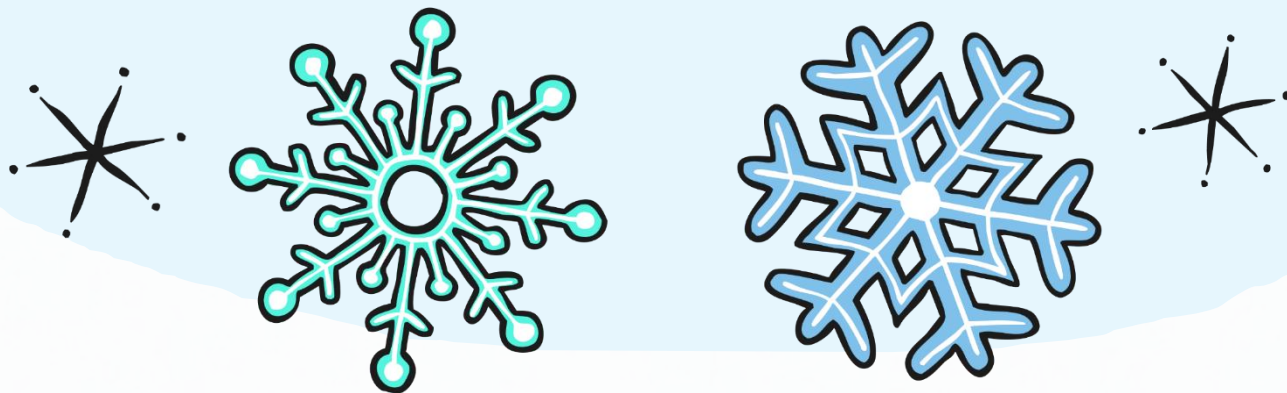


**I embrace any challenges
that are sent my way.**



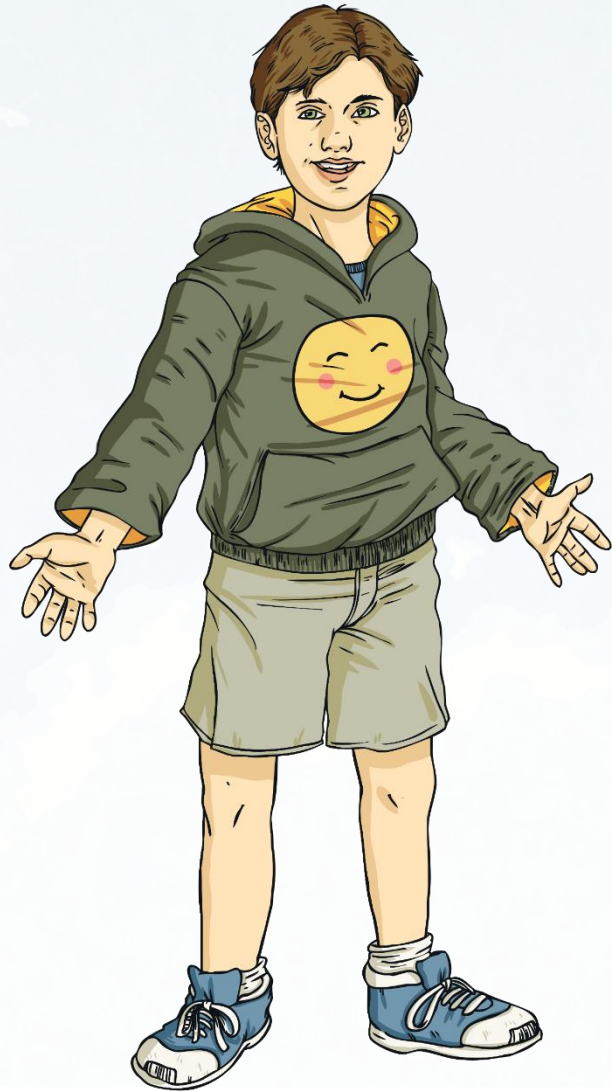


I am unique.



**I show
empathy
to others.**





**I am great just
the way I am.**

I am resilient.



**Today is
going to be a
great day!**



**I am
helpful.**



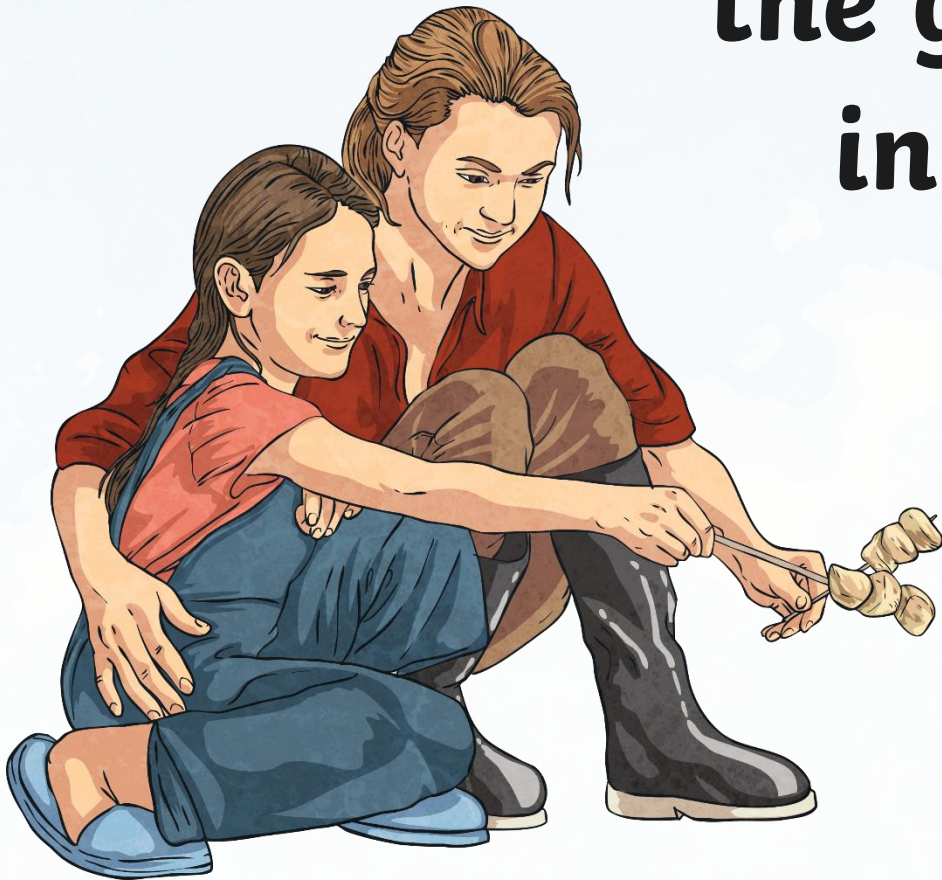
**I have a positive
attitude.**



**I try my
hardest.**



**I appreciate
the good things
in my life.**



**I am ready
to learn.**

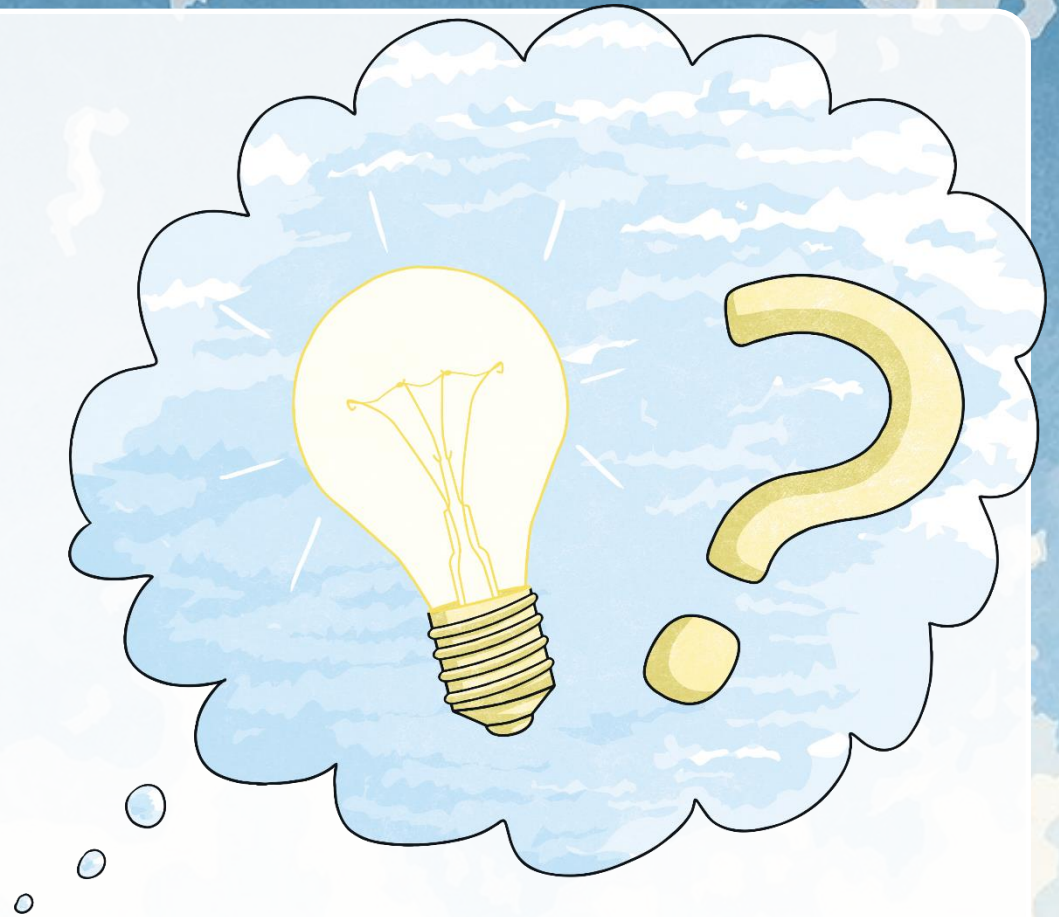


**I am beautiful
inside and out.**



**I am worthy of
being loved.**





I am talented.

**I can do
anything
I put my
mind to.**



**My mistakes
help me learn
and grow.**



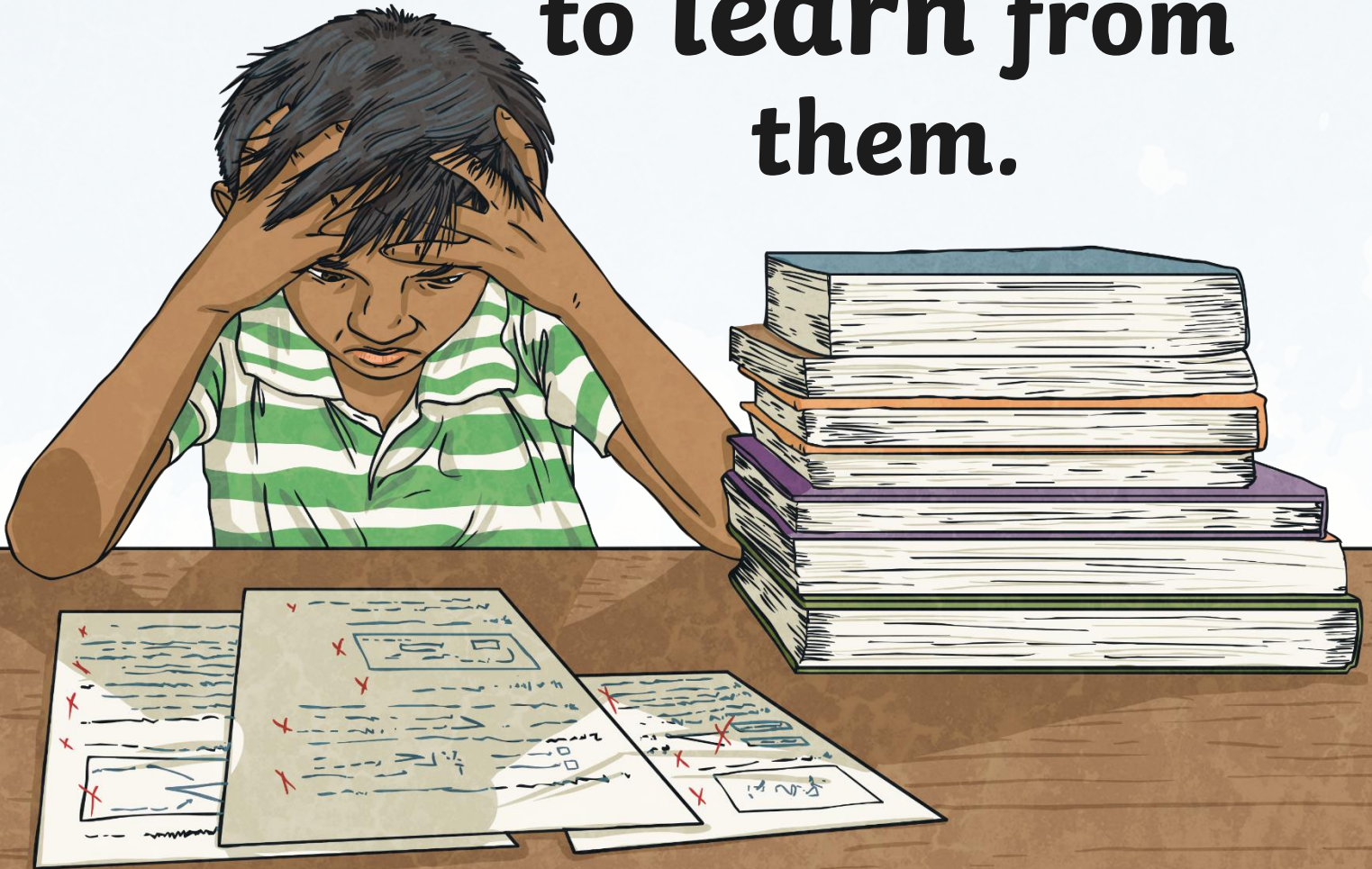
**I can make
choices which
make me feel
happier.**



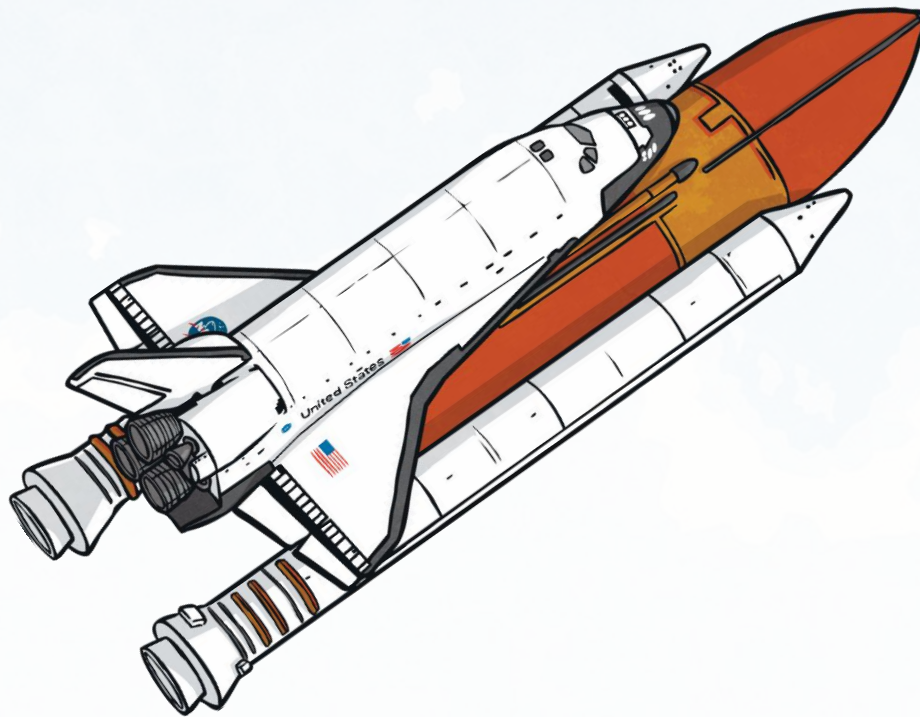
**I can achieve my
dreams and goals.**



**I make mistakes
to learn from
them.**



**I can reach for
the stars!**



**I am honest
and trustworthy.**



**I always
try my
best.**



Think of some positive thoughts or affirmations about yourself. You can go back through the slides if you need some inspiration.

Spend some time thinking about these and how special they are.



Write down six of your positive affirmations that you can use as a positive thought every morning for the day ahead.

You don't have to write them on a heart shape, you could use something special to you like a teddy bear shape or a football.

Remind yourself of these positive thoughts regularly especially if you are feeling down.

You are great 😊

