

## Positive Affirmations

1. I like myself because:.....
2. I'm an expert at:.....
3. I feel good about:.....
4. My friends would tell you I have a great:.....
5. My favourite place is:.....
6. I'm loved by:.....
7. People say I am a good:.....
8. I've been told I have pretty:.....
9. I consider myself a good:.....
10. What I enjoy most is:.....
11. The person I admire the most is:.....
12. I have a natural talent for:.....
13. goals for my future are:.....
14. People compliment me about:.....
15. I feel good when I:.....
16. I've been successful at:.....
17. I laugh when I think about:.....
18. I feel peaceful when:.....