

Positive Affirmations

Young Adult Blues Theme

Instructions:

1. Print these affirmation cards onto card or paper.
2. Cut out each card individually
3. Repeat these affirmations daily before school
4. It's important to help kids and young adults build that positive voice overtime with lots of practice.

*Bonus Set of MINI pencil case affirmation cards to keep in your pencil case to remind you of each of your daily affirmations.

labels⁴schoolTM
.co.za

Positive Affirmations - Young Adults MINI Pencil Case set

I am in control of
my actions.

It's alright to feel
my emotions.

I grow from my
mistakes.

I don't need to be
perfect.

I can learn from
my mistakes.

I am valuable.
I am enough.

I get better
every day.

I have a positive
attitude.

I forgive myself
for my mistakes.

It is enough to do
my best.

I can make a
difference.

These emotions
will pass.

I am strong and
determined.

I can get through
anything.

I believe in my
abilities.

I am responsible
for my words.

Positive Affirmations - Young Adults Large Cards



**I am in control of
my actions.**



**It's alright to feel
my emotions.**



**I can learn from
my mistakes.**

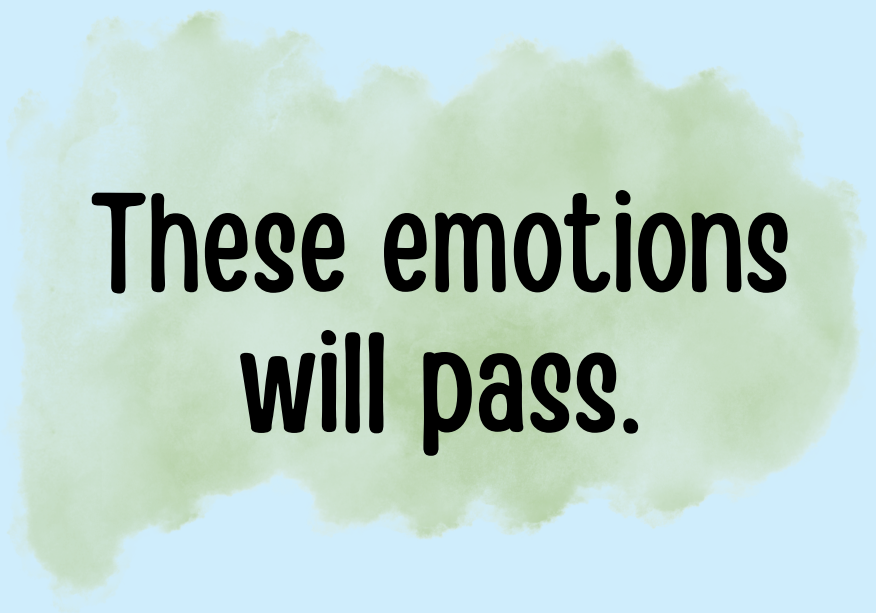


**I am valuable.
I am enough.**

Positive Affirmations - Young Adults Large Cards



**I can make a
difference.**



**These emotions
will pass.**



**I believe in my
abilities.**



**I am responsible
for my words.**

Positive Affirmations - Young Adults Large Cards




I grow from my mistakes.



I don't need to be perfect.



I get better every day.



I have a positive attitude.

Positive Affirmations - Young Adults Large Cards



**I forgive myself
for my mistakes.**



**It is enough to do
my best.**



**I am strong and
determined.**



**I can get through
anything.**