

# Positive Affirmations

## Young Adult BOHO 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.**

## Positive Affirmations - Young Adults MINI Pencil Case set

I am in control of  
my actions.

It's alright to feel  
my emotions.

I can make a  
difference.

These emotions  
will pass.

I can learn from  
my mistakes.

I am valuable.  
I am enough.

I believe in my  
abilities.

I am responsible  
for my words.

I grow from my  
mistakes.

I don't need to be  
perfect.

I forgive myself  
for my mistakes.

It is enough to do  
my best.

I get better  
every day.

I have a positive  
attitude.

I am strong and  
determined.

I can get through  
anything.

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.**

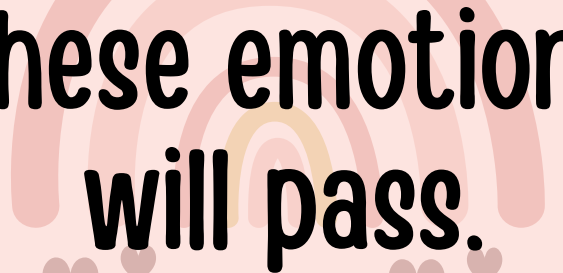


**I am valuable.  
I am enough.**

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.**