


I CHOOSE BRAVE!

12 AFFIRMATIONS FOR STARTING
A NEW SCHOOL YEAR.

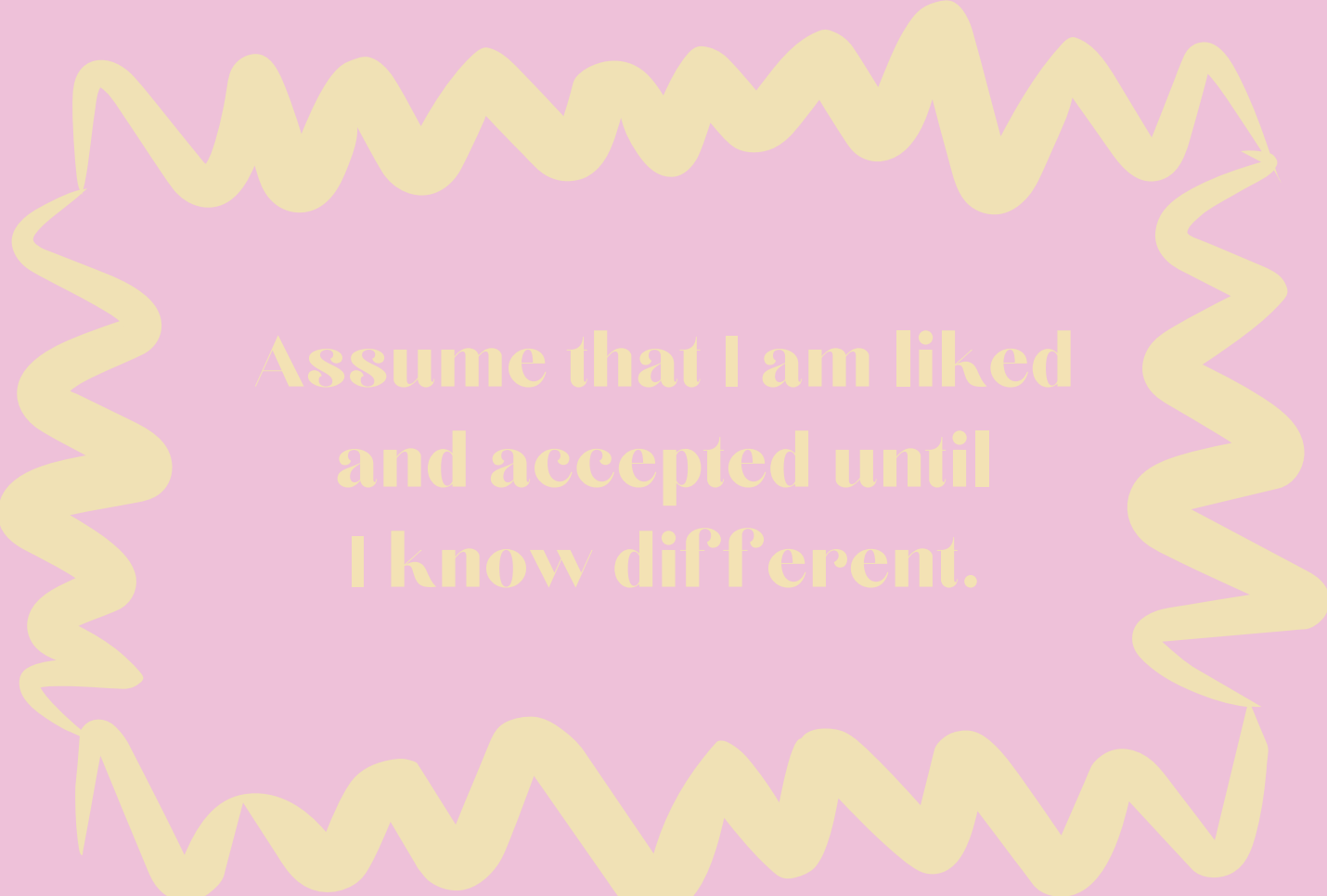
Words for every girl designed to
calm a nervous heart, stir up
courage and excite her soul.

*Simply download, print and stick
on her mirror, journal or wall.*

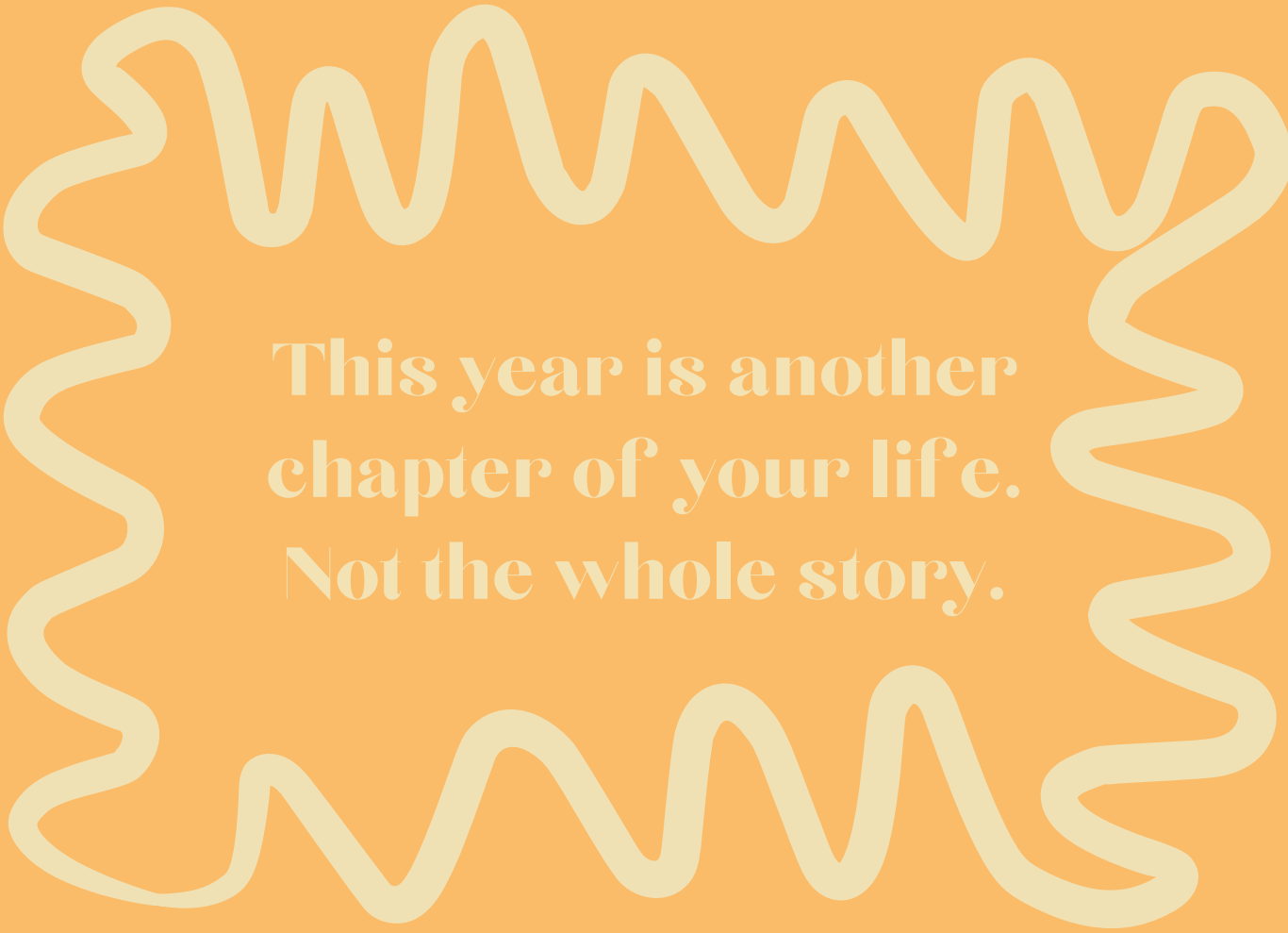





**Focus on what
I can control.
Let go of the rest.**



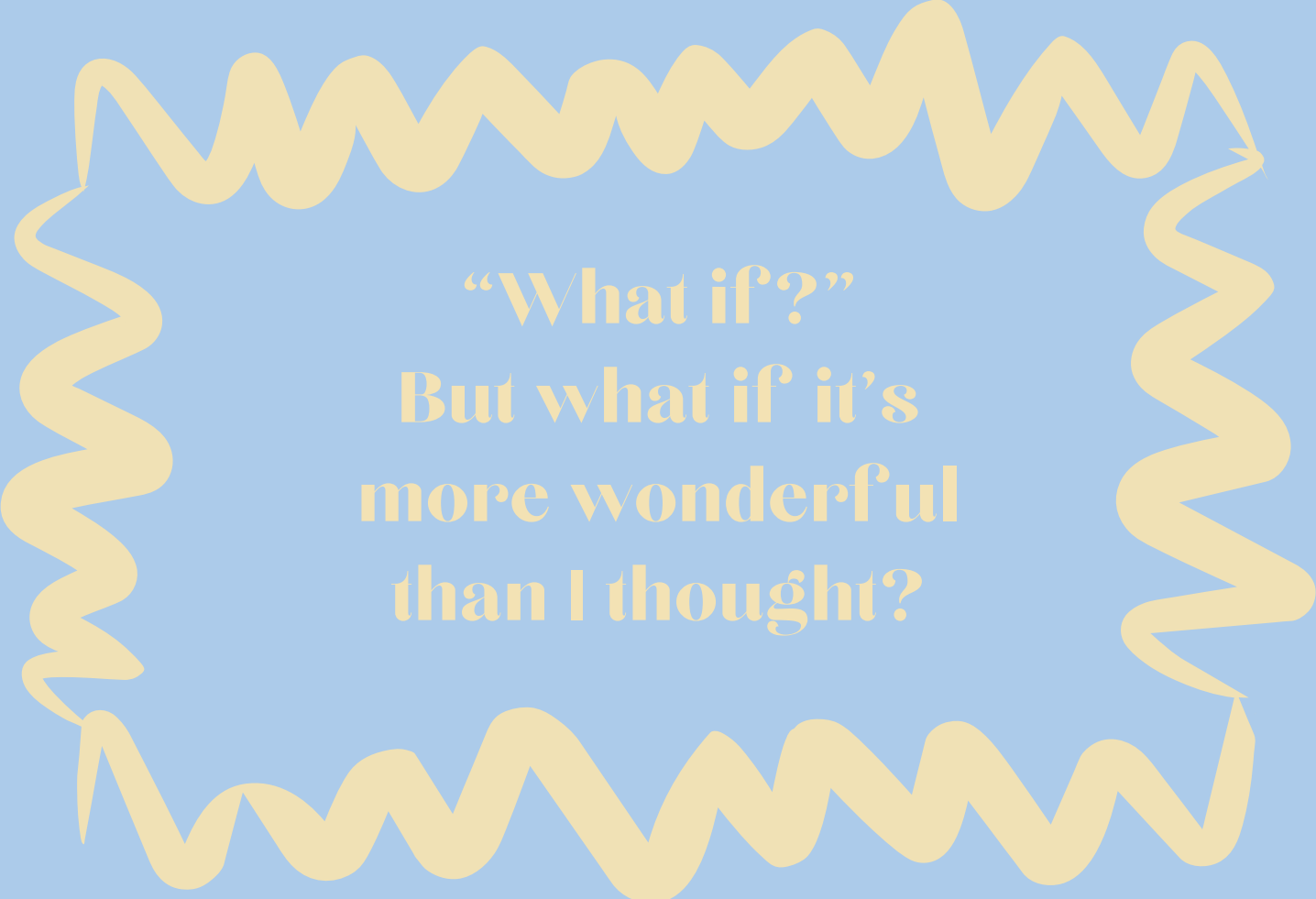
**Assume that I am liked
and accepted until
I know different.**



**This year is another
chapter of your life.
Not the whole story.**




**Breathe out fear.
Breathe in courage.
Go. You got this!**

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**“What if?”
But what if it’s
more wonderful
than I thought?**

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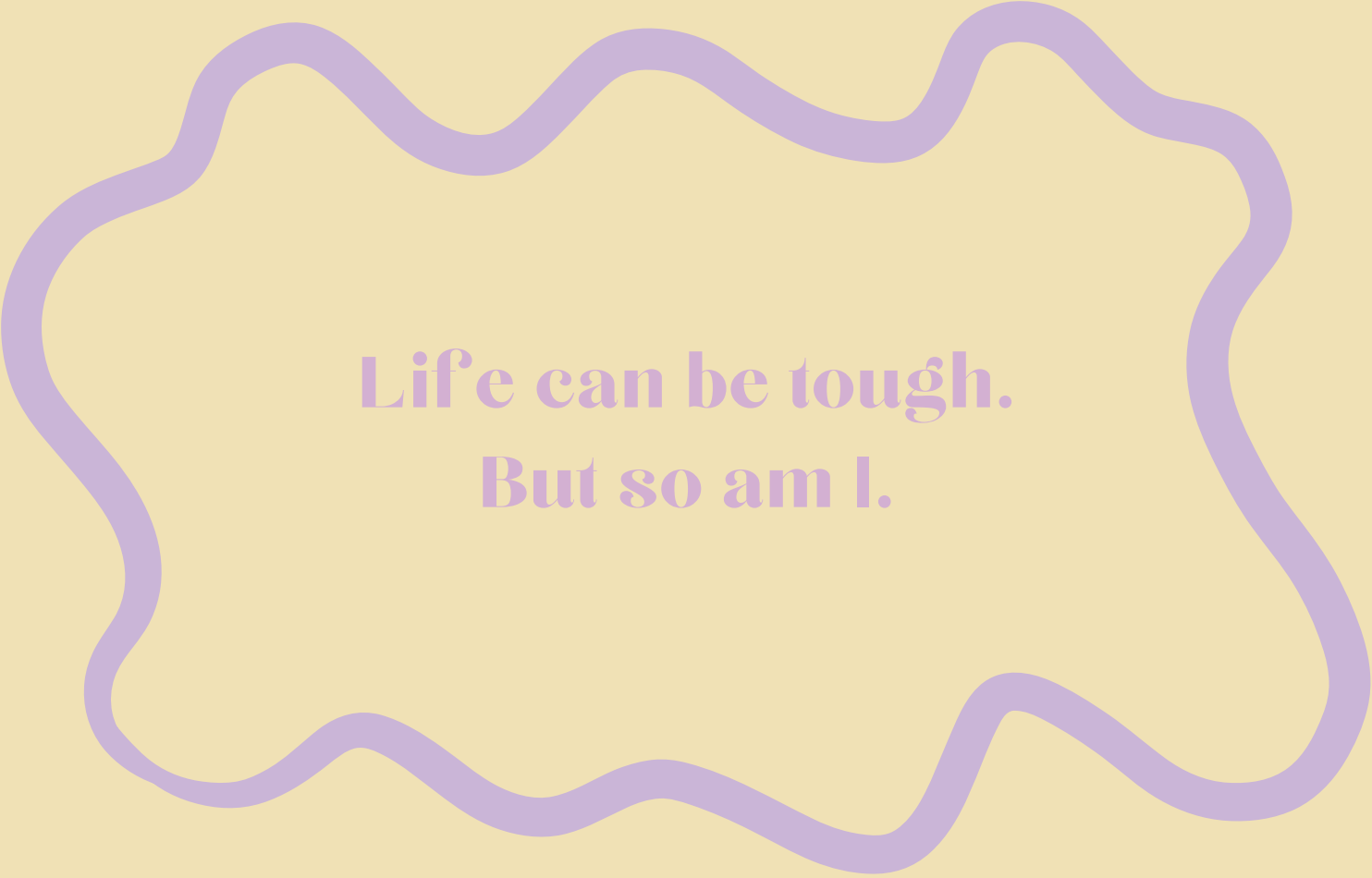
**Good things take time.
This includes
friendships.**



**There is a whole world
of people who
don't even know how
cool I am.**



**I'm committed to being
my favourite version
of ME!**



**Life can be tough.
But so am I.**



**Eat. Sleep. Move. Dream.
I'm setting myself
up to thrive.**