

Days - (1st day, 2nd day, etc.) for the first week of positive affirmations

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
My List of Positive Affirmations - smile and say out loud like you mean it!							
• Today will be a great day							
• Even when raining, I have sunshine in my heart							
• I am capable							
• I love making new friends							
• I am loved							
• I love and accept myself							
• I am important							
• I am good enough							
• I am surrounded by beauty							
• I am grateful for my parents							
• I am grateful for my friends							

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
• I love to learn new things							
• I am open to new ideas							
• I like doing new things							
• I am creative							
• I am considerate of others							
• I am safe							
• I can meet my goals through hard work and perseverance							
• I am good at (sports, academics, reading, using computers, helping others, etc.) Fill in the blank.							
• I will maintain a positive mental attitude							

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
• I believe in myself							
• I am excited about the future							
• Add:							
• Rate your mood today after reciting your positive affirmations (1 is the worst, 5 is neutral, 10 is the best!)							