

Positive affirmations for kids and teens.

Positive thinking is a powerful tool that can help you manage stress, overcome challenges, and make better choices.



Positive thinking skills starts with positive-self talk.

Say these statements out loud or to yourself, and repeat as often as you can. Sure, it may seem awkward, but there's science behind it. Power-up with positivity.

I am loved.

I am kind.

I am brave.

I am a responsible person.

I will always do my best.

I am capable.

I am unique.

Each day, I am growing stronger.

I am creative.

I help others.

I am important and a valuable person.

I choose to think good thoughts.

I am calm.

I am resilient.

I do my very best.

I am in charge of how
I live each day.

I always see the best in others.

I believe in who I am.

I am on a journey, ever growing
and developing.

And many more. Create your own positive affirmations, and grow the list while growing mindset!

