

Name: _____

Date: _____

POSITIVE THOUGHTS & AFFIRMATIONS

1. There is no one better to be than myself.
2. I am enough.
3. I get better every single day.
4. I am an amazing person.
5. All of my problems have solutions.
6. Today I am a leader.
7. I forgive myself for my mistakes.
8. My challenges help me grow.
9. I am perfect just the way I am.
10. My mistakes help me learn and grow.
11. Today is going to be a great day.
12. I have courage and confidence.
13. I can control my own happiness.
14. I have people who love and respect me.
15. I stand up for what I believe in.
16. I believe in my goals and dreams.
17. It's okay not to know everything.
18. Today I choose to think positive.
19. I can get through anything.
20. I can do anything I put my mind to.
21. I give myself permission to make choices.
22. I can do better next time.
23. I have everything I need right now.
24. I am capable of so much.
25. Everything will be okay.
26. I believe in myself.
27. I am proud of myself.
28. I deserve to be happy.
29. I am free to make my own choices.
30. I deserve to be loved.
31. I can make a difference.
32. Today I choose to be confident.
33. I am in charge of my life.
34. I have the power to make my dreams true.
35. I believe in myself and my abilities.
36. Good things are going to come to me.
37. I matter.
38. My confidence grows when I step outside of my comfort zone.
39. My positive thoughts create positive feelings.
40. Today I will walk through my fears.
41. I am open and ready to learn.
42. Every day is a fresh start.
43. If I fall, I will get back up again.
44. I am whole.
45. I only compare myself to myself.
46. I can do anything.
47. It is enough to do my best.
48. I can be anything I want to be.
49. I accept who I am.
50. Today is going to be an awesome day.

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POSITIVE THOUGHTS & AFFIRMATIONS

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51. It's okay to make mistakes.
 52. I am making the right choices.
 53. I surround myself with positive people.
 54. I am a product of my decisions.
 55. I am strong and determined.
 56. Today is going to be my day.
 57. I have inner beauty.
 58. I have inner strength.
 59. No matter how hard it is, I can do it.
 60. I can live in the moment.
 61. I start with a positive mindset.
 62. Anything is possible.
 63. I radiate positive energy.
 64. Wonderful things are going to happen to me.
 65. I can take deep breaths.
 66. With every breath, I feel stronger.
 67. I am an original.
 68. I deserve all good things.
 69. My success is just around the corner.
 70. I give myself permission to make mistakes.
 71. I am thankful for today.
 72. I strive to do my best every day.
 73. I'm going to push through.
 74. I've got this.
 75. I can take it one step at a time.
 76. I'm working at my own pace.
 77. I'm going to take a chance.
 78. Today I am going to shine.
 79. I am going to get through this.
 80. I'm choosing to have an amazing day.
 81. I am in control of my emotions.
 82. My possibilities are endless.
 83. I am calm and relaxed.
 84. I am working on myself.
 85. I'm prepared to succeed.
 86. I am beautiful inside and out.
 87. Everything is fine.
 88. My voice matters.
 89. I accept myself for who I am.
 90. I am building my future.
 91. I choose to think positively.
 92. My happiness is up to me.
 93. I'm starting a new chapter today.
 94. I trust in my decisions.
 95. I can change the world.
 96. I am smart.
 97. I choose my own attitude.
 98. I am important.
 99. I am becoming the best version of myself.
 100. Today I will spread positivity.
 101. The more I let it go, the better I will feel.

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MY POSITIVE THOUGHTS & AFFIRMATIONS

List some positive thoughts and affirmations you can say to yourself.

#1	
#2	
#3	
#4	
#5	
#6	
#7	
#8	
#9	
#10	