

# Positive Affirmations for Kids & Young Adults

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



- ☐ 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 choose my own attitude
- ☐ 10. I am choosing to have an amazing day.