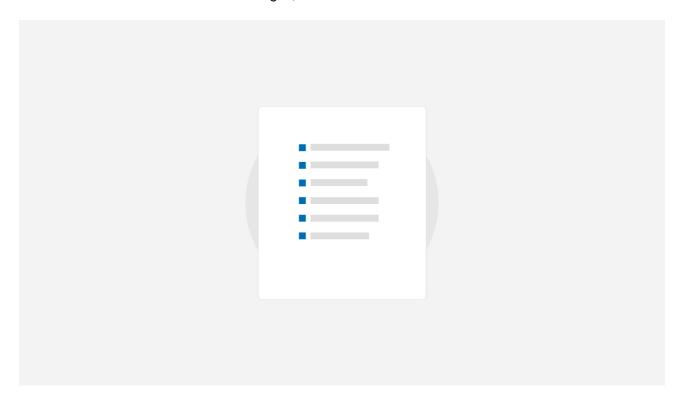
## **Positive Affirmations for Kids & Young Adults**

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.