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.

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