

POSITIVE AFFIRMATIONS

Smart Girl Fairy Tales

FB/IG @StoriesbyJKCoy

I am
Strong.

I am
Smart.

I am
Fancy.

I am
Fierce.

I am
Confident.

I am
Creative.

I am
Learning.

I am
Loved.

POSITIVE AFFIRMATIONS

Smart Girl Fairy Tales

FB/IG @StoriesbyJKCoy

I am

_____.

I am

_____.

I am

_____.

I am

_____.

I am

_____.

I am

_____.

I am

_____.

I am

_____.

TIPS FOR USING AFFIRMATIONS

Smart Girl Fairy Tales

FB/IG @StoriesbyJKCoy

- ❖ Place the affirmation poster somewhere you'll see it daily (by your bed, bathroom mirror, desk)
- ❖ Or, cut them out and hang up the ones you love the most
- ❖ You can use the list as inspiration to create affirmations that are personal to you
- ❖ Then, use the extra page to write them down
- ❖ Make sure they feel natural to you
- ❖ Try thinking about them at different times of the day: when you wake up, before you go to sleep, in the shower, on the ride to school
- ❖ **Repeat them a lot!** Repetition is important to train your mind