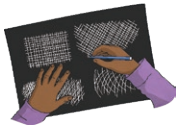
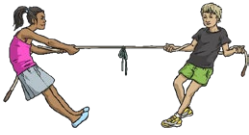


# My Positive Affirmations Journal





**I am strong.**

**I am brave.**

**I am happy.**

**I am smart.**

**I am beautiful.**

**I am calm.**

**I am loved.**

**I am safe.**

**I am liked.**

**I have friends.**

**I am kind.**

**I am gentle.**

**I am talented.**

**I am honest.**

**I am important.**

**I am relaxed.**

**I am creative.**

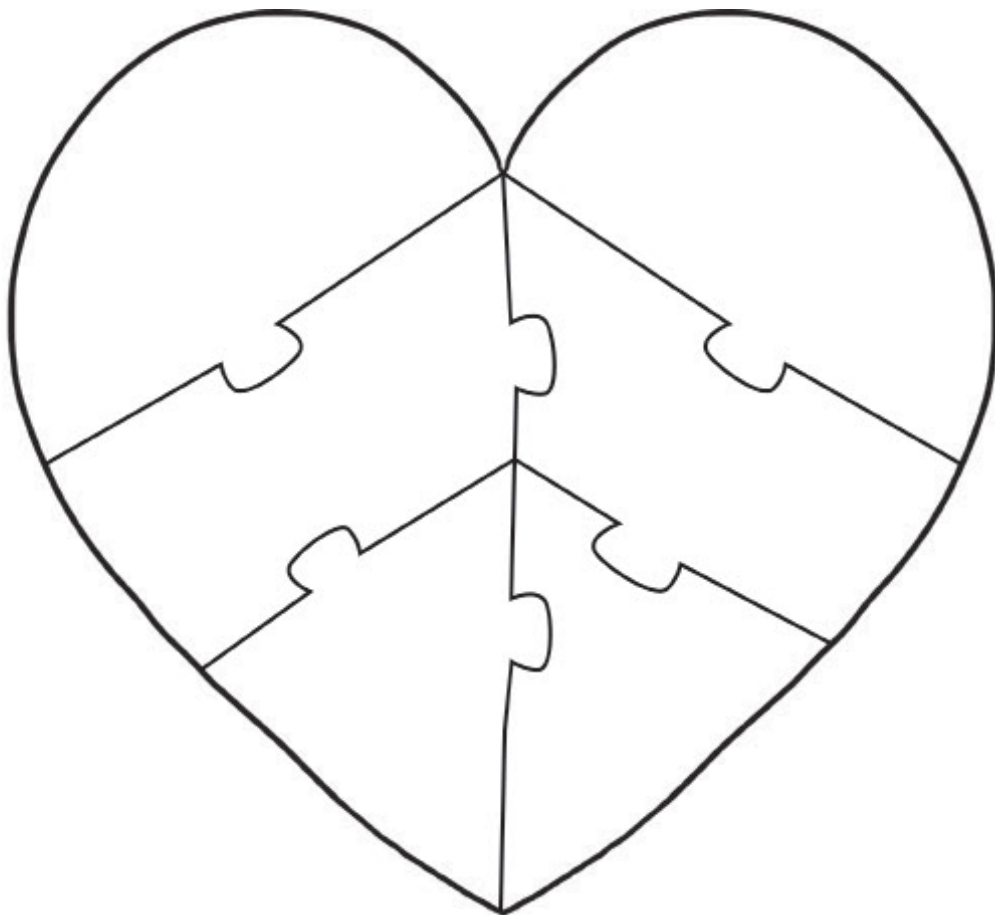
**I am unique.**

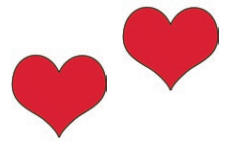
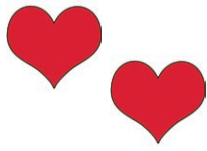
**I am helpful.**

**I am courageous.**



Choose six positive affirmations that best describe you.





# I am loved.

Draw the people who care for you:

at home;



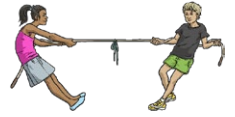
at school;



in your community.



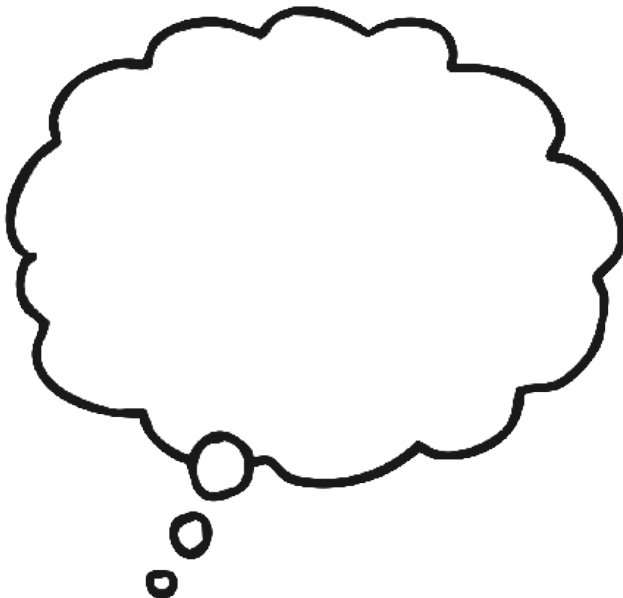
# I am strong.



Think about four occasions you have shown strength in some way. Remember we all have inner strength as well as physical strength.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Do you think we should always remain strong and never show weakness? Reflect and record your personal thoughts in the thought bubble.



# I am brave.

Write as many words as you can that are associated with bravery.



When have you shown bravery?

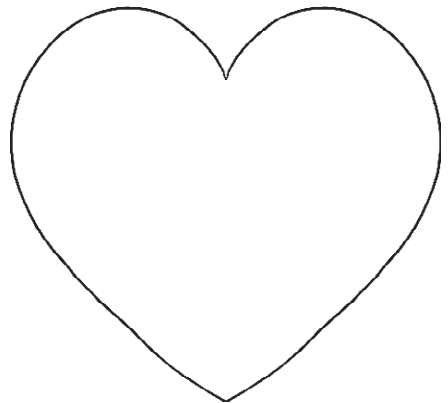
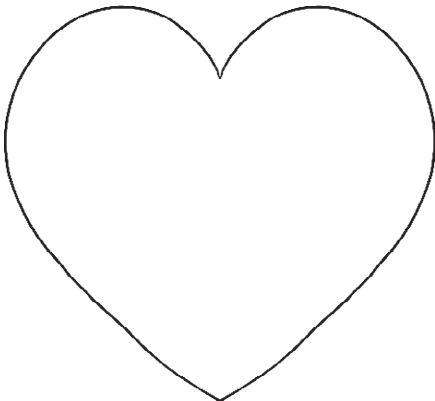
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

# I am kind.

No act of kindness, no matter how small, is ever wasted.'

Aesop

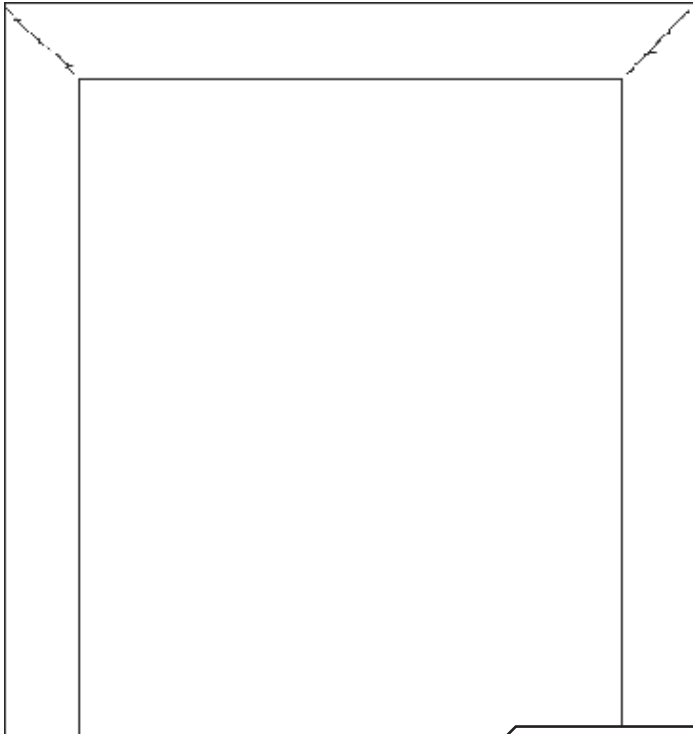
How can you show kindness to someone today?



How can you be kind to yourself today?

# I am unique.

This is me!



My hobbies:

My skills:

The best things about me:

Things I like:

Things I dislike:



# I will achieve my dreams.

What is your dream for the future?

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Draw your future self.



In each star write a target that will help you achieve your dream.

