



Pocket Affirmation Cards

I am confident.

I am brave.

I am important.

I am special.

I am enough.

I am worth it.

I can be a positive leader to others.

I am proud of myself and my accomplishments.

Mistakes help me learn and grow.

I am a problem-solver.

I will do great things today.

My brain and body are strong.

My brain and body are powerful.

I am capable of doing hard things.

We can always begin again.

I love myself.

**I am beautiful
and strong**

**I can ask for help
when I need it**

**I have
great ideas.**

**I have
friends who
love me.**

**I have
people who
love me.**

**I am a
good friend**

**Today, I will be
kind to myself.**

**I am a kind friend
who looks out
for others.**

**I am brave, and I
notice warning
signs.**

**I have the power
to be a friend to
someone who is
alone.**

**I can make a
difference by
seeing and caring
about others.**

**I have the courage
to be
a friend and offer
help.**

**I am courageous
and I can offer to
reach out to
someone who is
having a hard time.**

**I can have a
difficult
conversation with
a Trusted Adult.**

**I have the power
to create a
friendly,
inclusive
environment.**

**I choose to Say
Something
because it saves
lives.**

fill in your own