



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 family
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 when
someone is alone**

**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 am friendly, I can
make conversation
with others**

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

**I chose to *Start
With Hello* and
spread kindness to
everyone**

fill in your own