

Name: _____ Date: _____

Positive Affirmations

Read the prompts and complete the sentences about you.

1) I feel happy when I...

2) One thing I like about myself is...

3) I help others by...

4) A strength I have is...

5) I am proud of myself because...

6) I am getting better at...

7) A challenge I overcame was...

8) Something kind I did for someone else was...

9) I am unique because...

10) One thing I did this week that made me feel proud was...
