



Affirmations for each School Day during the month of March

- 1) I do not have to change myself to be enough.
- 2) I believe in me.
- 3) I am strong and steadfast and can overcome adversity.
- 4) I am smart, clever, and am willing to learn.
- 5) I trust my decisions and the instincts that I have.
- 6) I am important and my presence is important to myself and to others.
- 7) It is ok to listen to my heart and trust my better judgement even if it goes against the advice of someone else.
- 8) I am loved and more people care about me than I know.
- 9) I do not have to be perfect to be loved or to be accepted.
- 10) I love myself.
- 11) Being scared does not make me less, it does not make me weak.
- 12) I accept the things I cannot change about myself.
- 13) I see the beauty and value in others.
- 14) I can make a difference.
- 15) I can change the life I have for the better.
- 16) I should not compare myself to others, I am my own person.
- 17) I can fight with my family and still love them and be loved by them.
- 18) I am an important part of my family, I am needed.
- 19) I can make mistakes and my family will still love me.
- 20) I am a good friend.
- 21) I can accept help from others, it does not make me weak.
- 22) It is a good thing to stand up for myself.
- 23) I respect other people, even when we have a difference of opinions.