

# EXAMPLE

1. You are so kind.
2. You are an incredible person.
3. I'm so glad that you are in my family.

**My Brother**

## Daily Affirmations

(nice things you can say  
to someone or to  
yourself)

Write down a different person  
with a list of affirmations in  
each circle below.

Philx says,

You are my favorite.

You are majestic.

