

Affirmation cards

Here are some examples to get you started: I am strong, I am learning every day, I keep trying, I am loved, I can do hard things, I am kind.

Think of ones that reflect YOU!

I am _____ _____	I am _____ _____	I am _____ _____
I am _____ _____	I am _____ _____	I am _____ _____
I am _____ _____	I am _____ _____	I am _____ _____
I am _____ _____	I am _____ _____	I am _____ _____
I am _____ _____	I am _____ _____	I am _____ _____

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