



Daily Positive Affirmations

Positive Affirmations



twinkl



It is important to start each day with a positive thought, as this thought can stay with you for the rest of the day.

Focussing on a positive thought can help you to feel happier and calmer. You can also share this positive thought with others, helping to make their day a little brighter too!



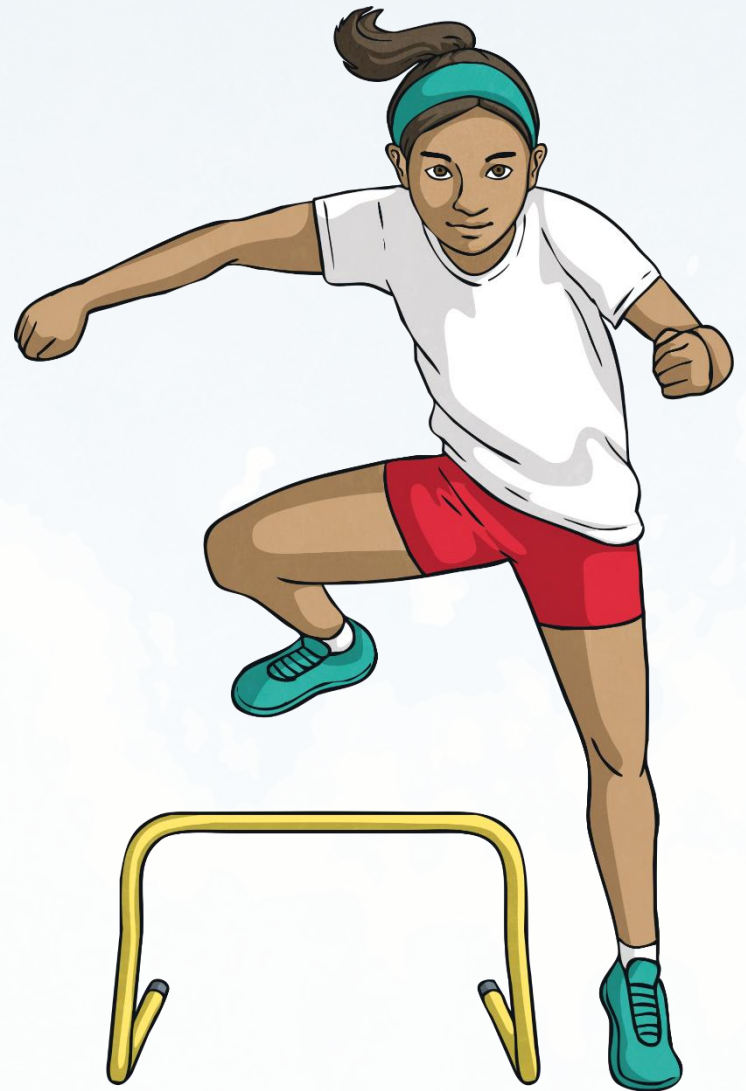
**Positivity is a
choice and I choose
to be positive.**



I am a good listener.

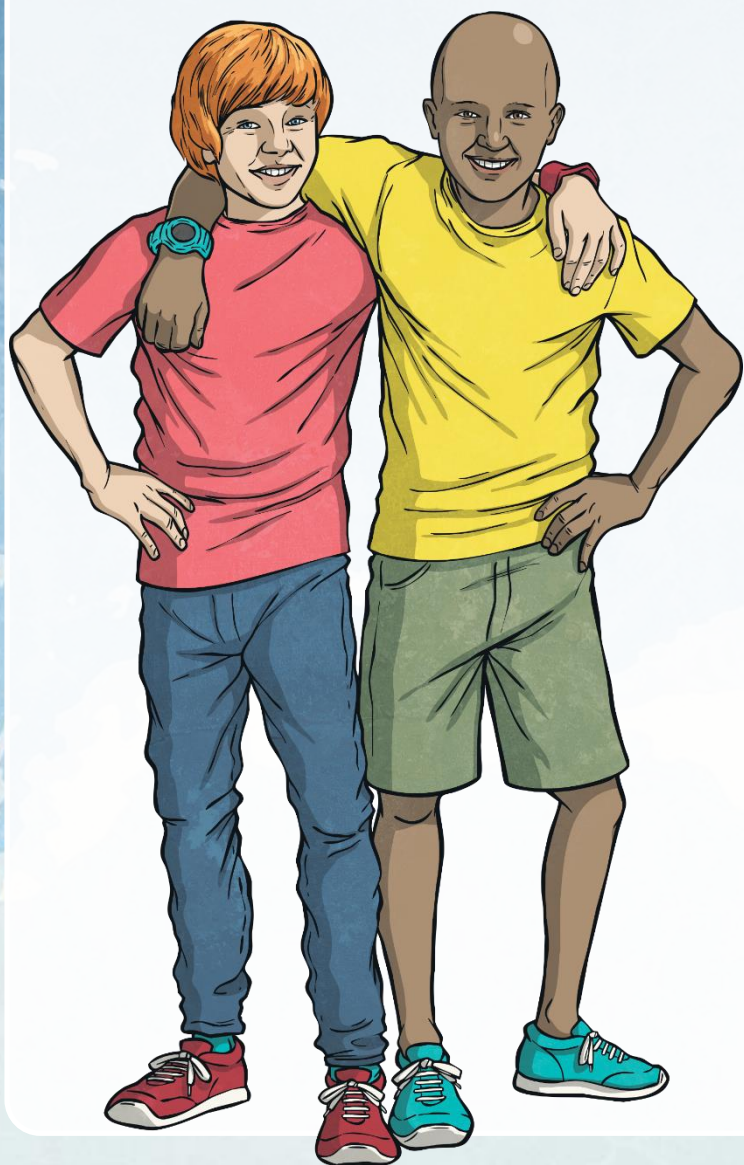


**I get better
every day.**



**I am
compassionate
and
understanding.**



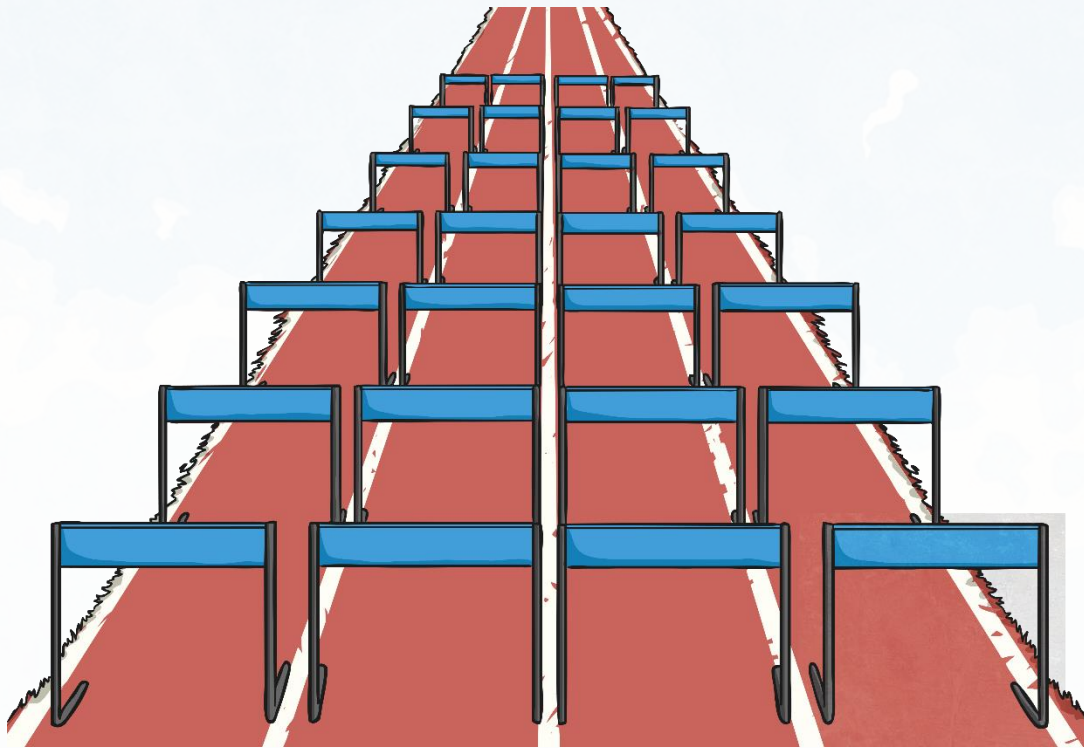


**I am a good
friend.**

**I am loved just
for being me.**

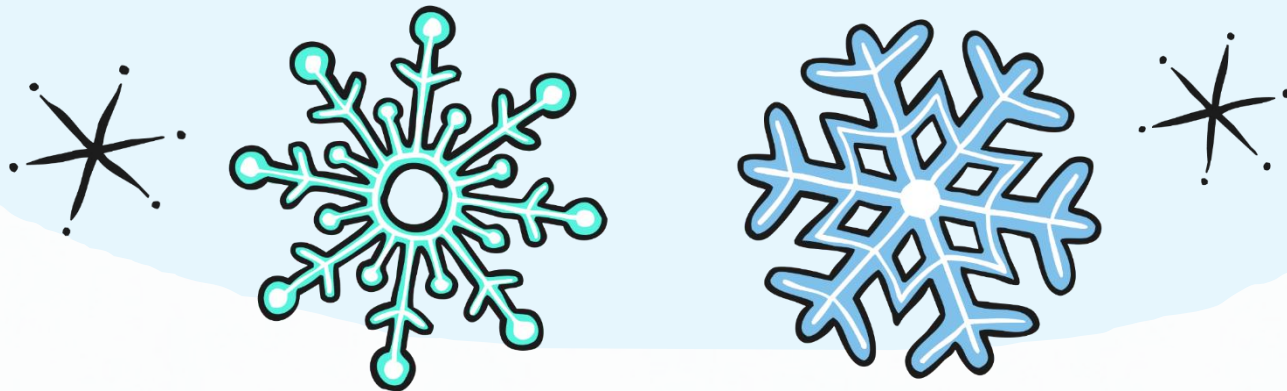


**I embrace any challenges
that are sent my way.**



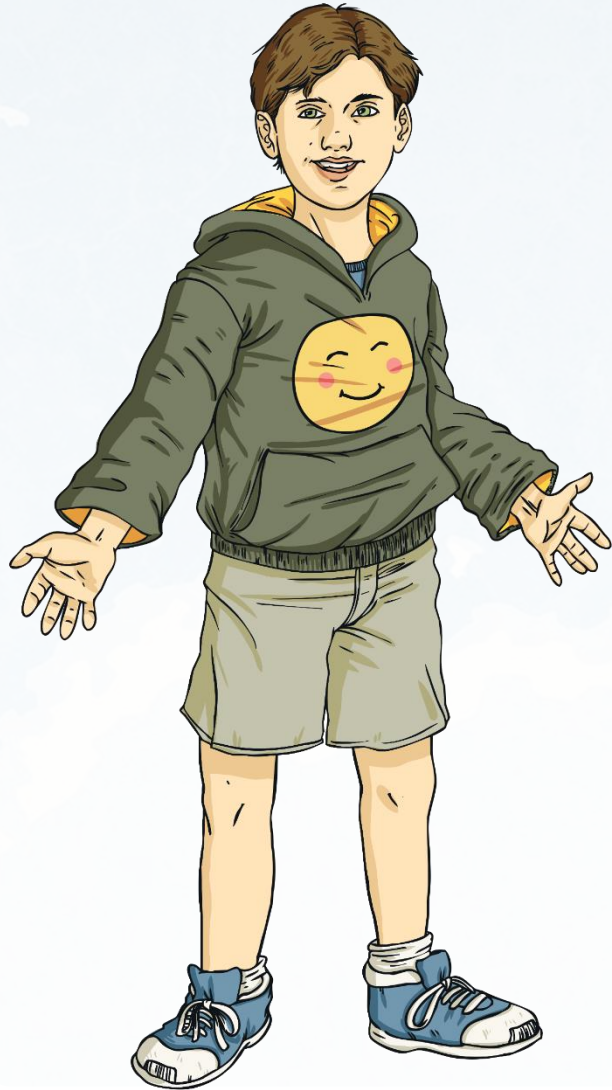


I am unique.



**I show
empathy
to others.**





**I am great just
the way I am.**

I am resilient.



**Today is
going to be a
great day!**



**I am
helpful.**



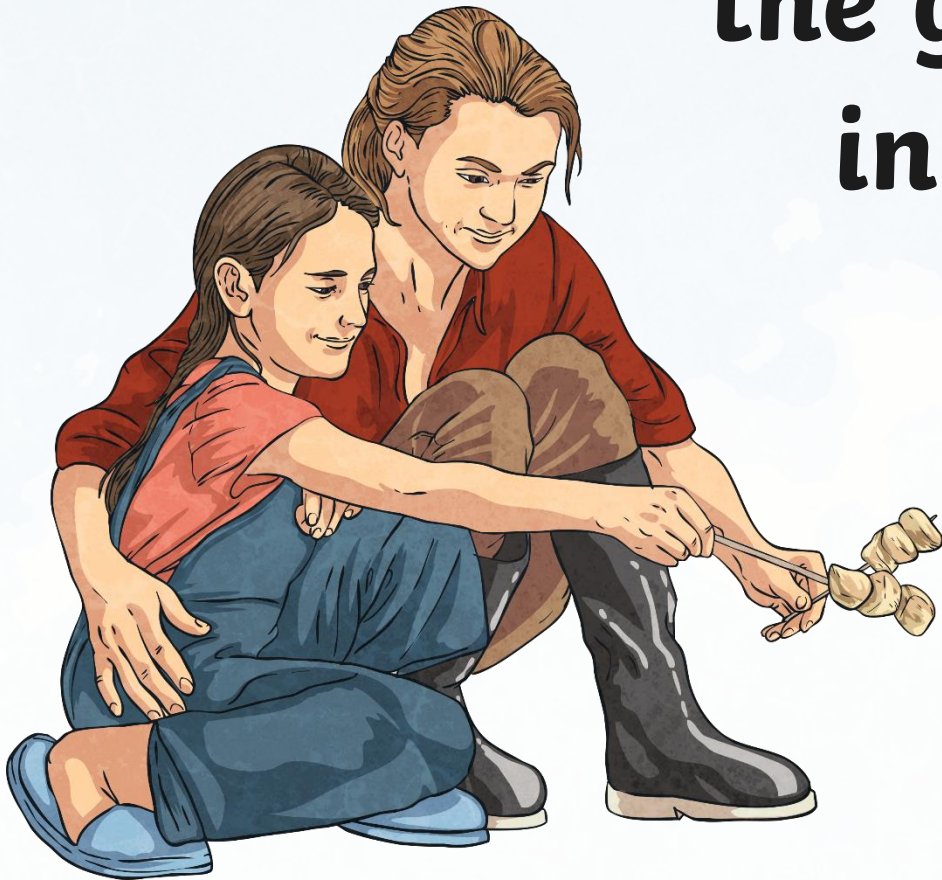
**I have a positive
attitude.**



**I try my
hardest.**



**I appreciate
the good things
in my life.**



**I am ready
to learn.**

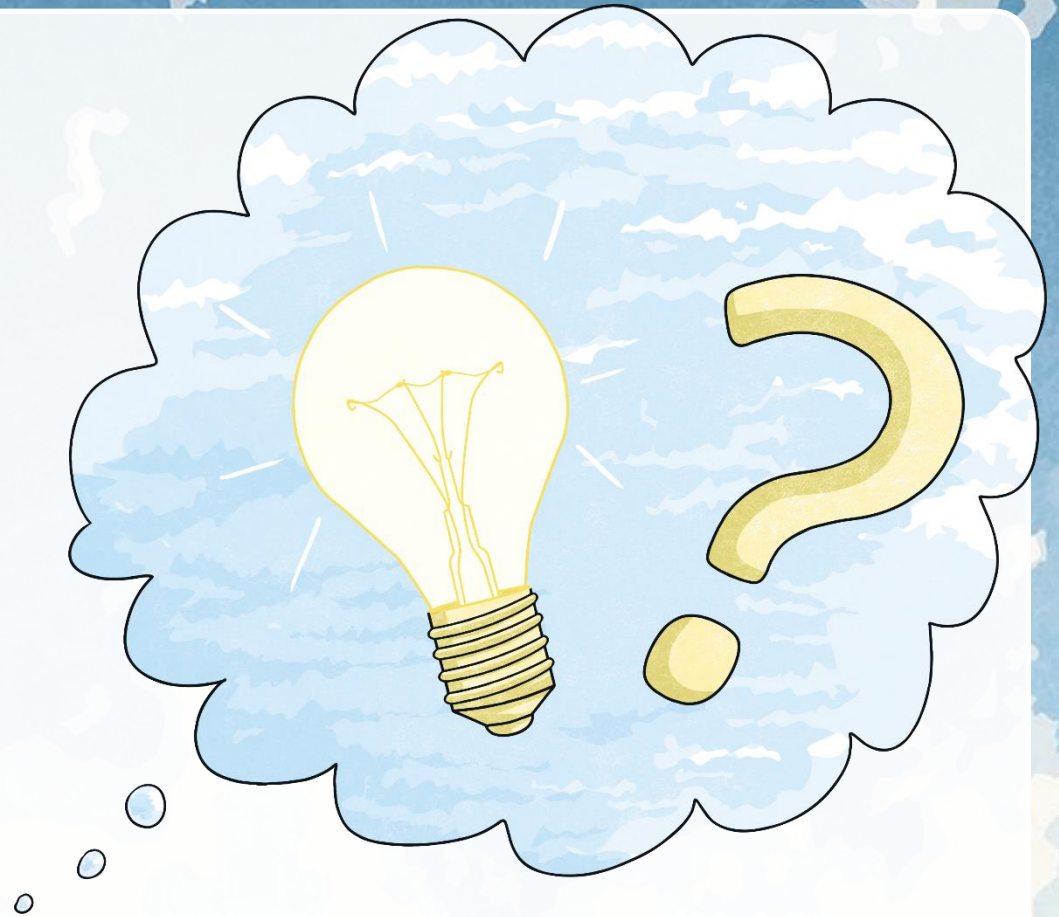


**I am beautiful
inside and out.**



**I am worthy of
being loved.**





I am talented.

**I can do
anything
I put my
mind to.**



**My mistakes
help me learn
and grow.**



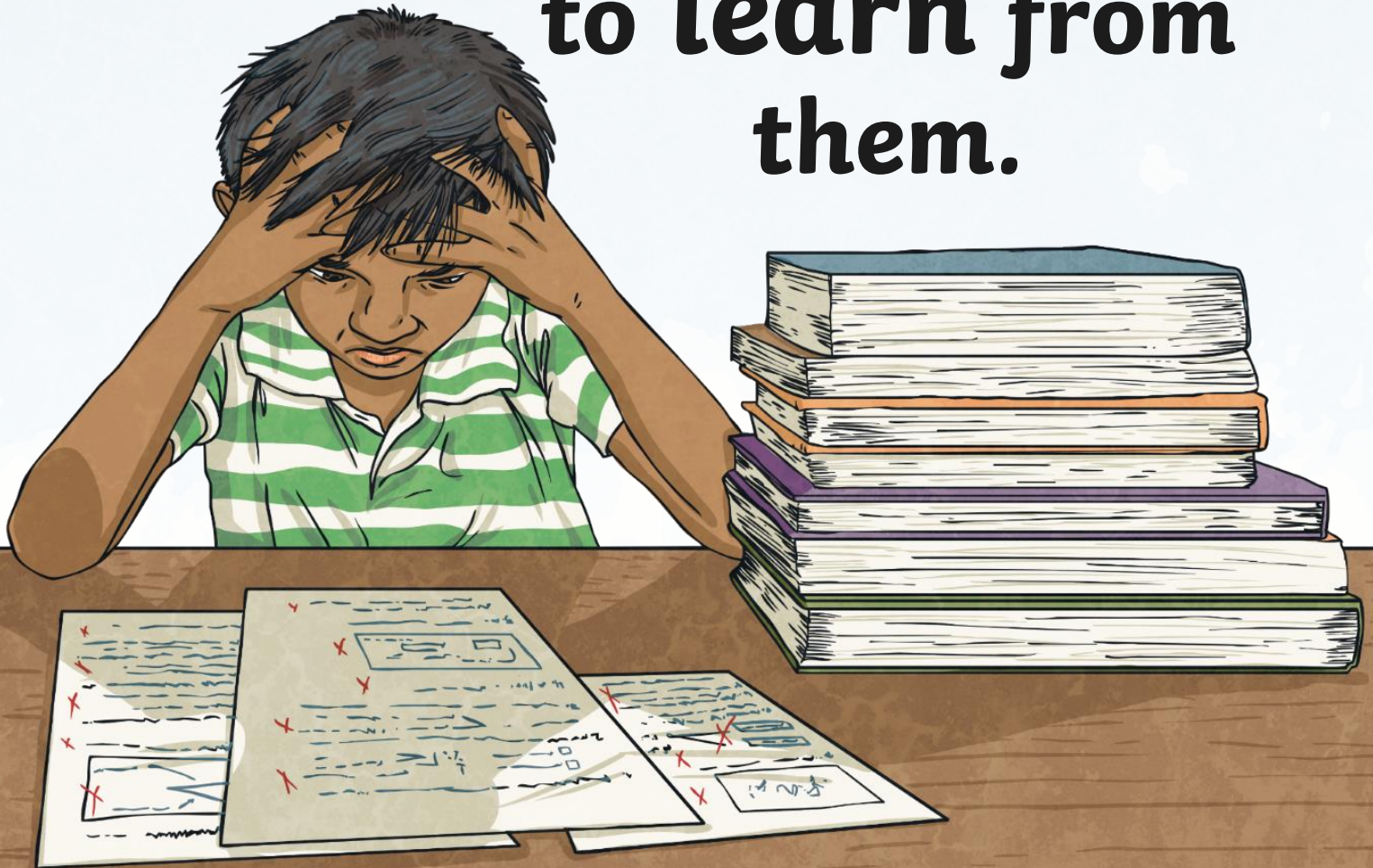
**I can make
choices which
make me feel
happier.**



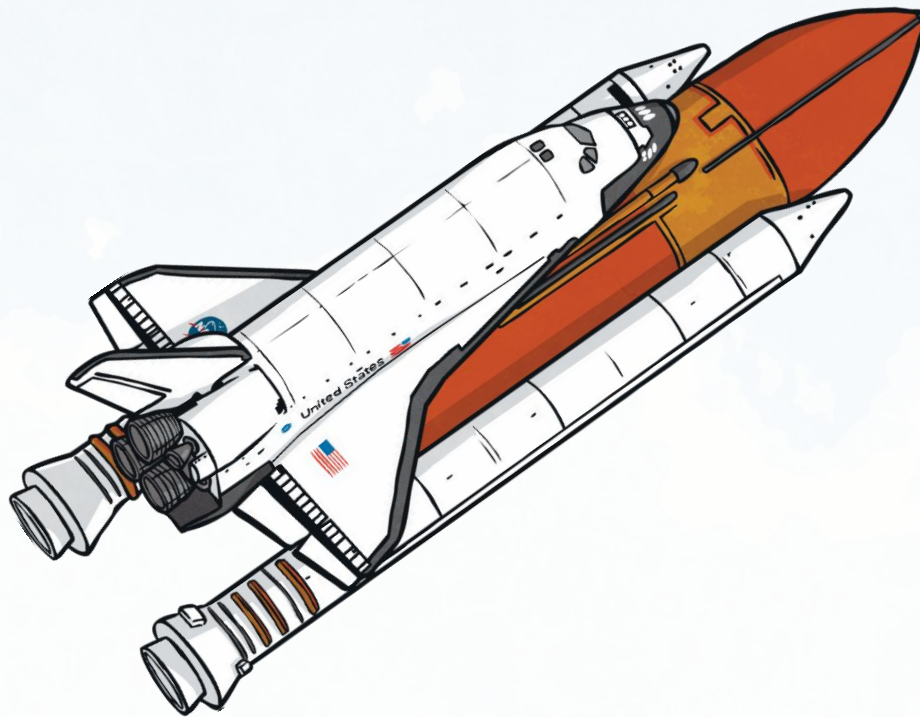
**I can achieve my
dreams and goals.**



**I make mistakes
to learn from
them.**



**I can reach for
the stars!**



**I am honest
and trustworthy.**



**I always
try my
best.**



