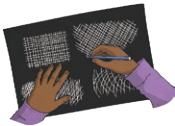
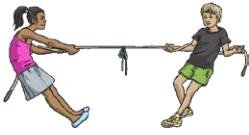


My Positive Affirmations Journal





I am strong.

I am brave.

I am happy.

I am smart.

I am beautiful.

I am calm.

I am loved.

I am safe.

I am liked.

I have friends.

I am kind.

I am gentle.

I am talented.

I am honest.

I am important.

I am relaxed.

I am creative.

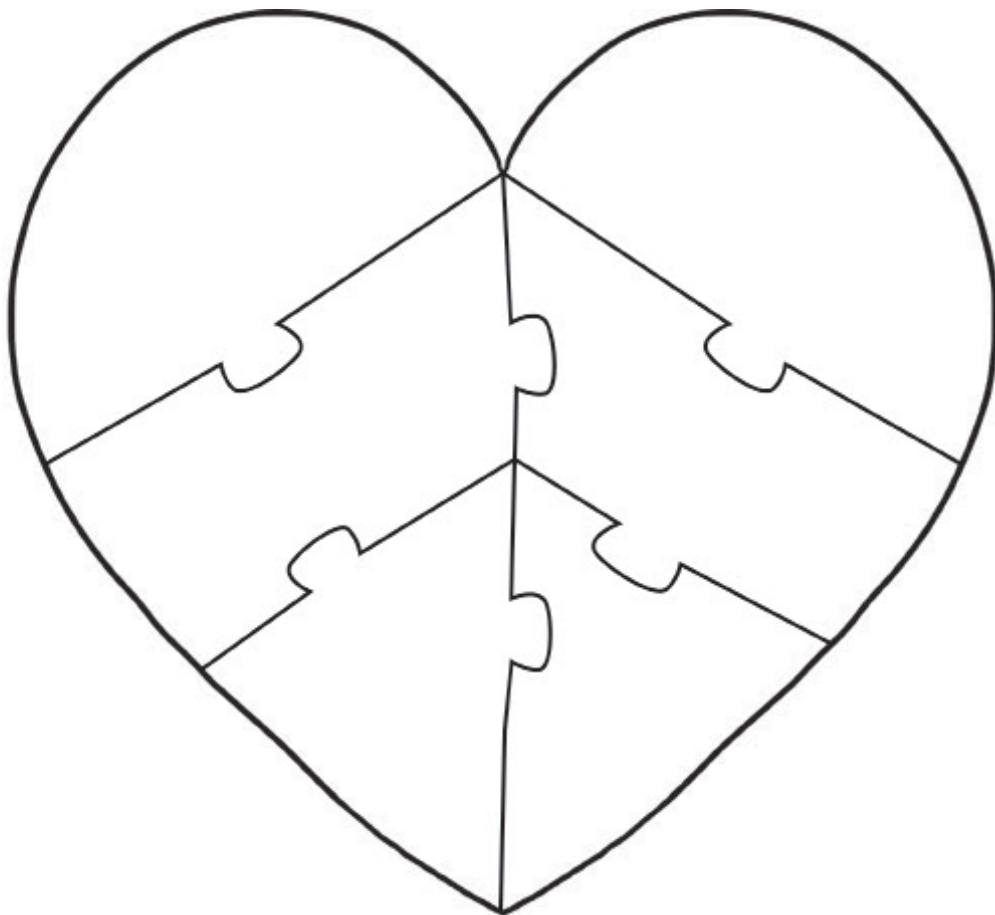
I am unique.

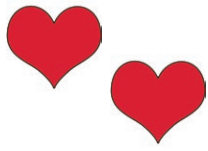
I am helpful.

I am courageous.

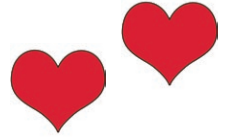


Choose six positive affirmations that best describe you.





I am loved.



Draw the people who care for you:

at home;



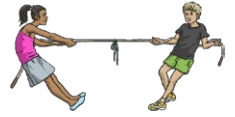
at school;



in your community.



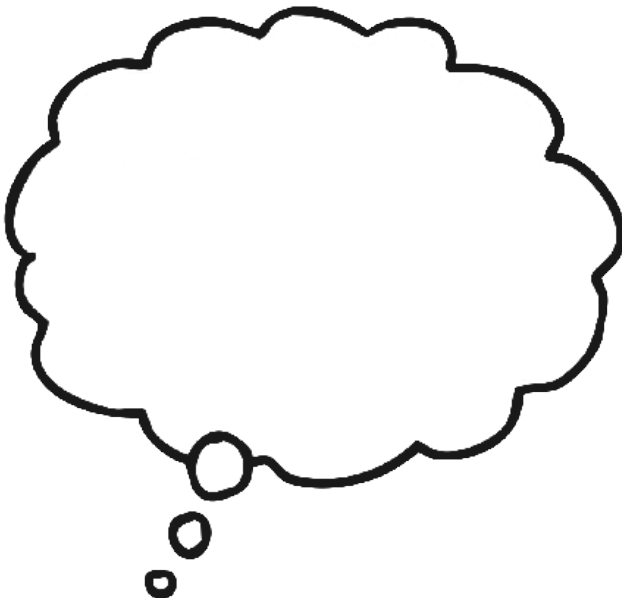
I am strong.



Think about four occasions you have shown strength in some way. Remember we all have inner strength as well as physical strength.

1. _____
2. _____
3. _____
4. _____

Do you think we should always remain strong and never show weakness? Reflect and record your personal thoughts in the thought bubble.



I am brave.

Write as many words as you can that are associated with bravery.



When have you shown bravery?

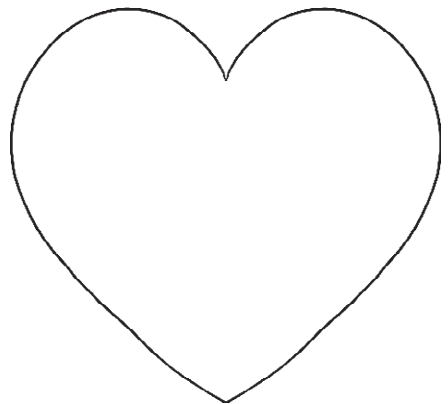
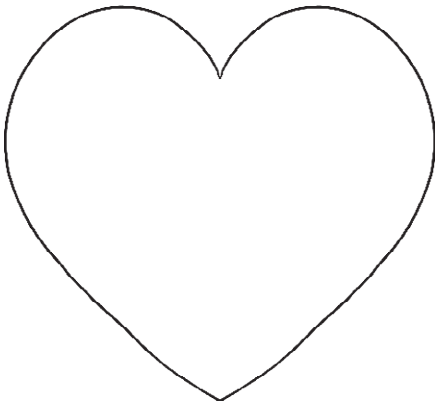
1. _____
2. _____
3. _____
4. _____

I am kind.

No act of kindness, no matter how small, is ever wasted.'

Aesop

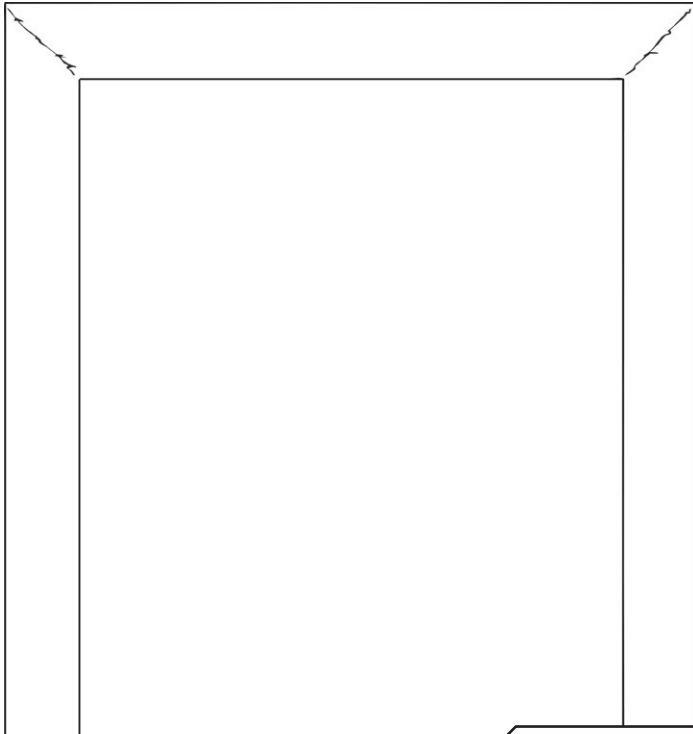
How can you show kindness to someone today?



How can you be kind to yourself today?

I am unique.

This is me!



My hobbies:

My skills:

The best things about me:

Things I like:

Things I dislike:

I will achieve my dreams.

What is your dream for the future?

Draw your future self.



In each star write a target that will help you achieve your dream.

