



Growing Affirmations From A-Z

Created by:
Leah Molloy, MS, LPC
(c)School Counseling is Magical



I
APPRECIATE

myself even
when I make
mistakes.





I am
BEAUTIFUL
inside and out!



I Am
COURAGEOUS


even when
things seem
difficult.



I Dare to be

Different!





I am full of

ENERGY

and spirit.



I am
FORGIVING of
myself and
others.





I am a
GREAT
friend.

I choose to be

HAPPY

today!



I am very
INTELLIGENT




I try to find

JOY in all

that I do.





I fill my mind
with
KIND thoughts.



I am

Likeable and

Loveable!



The background is a solid brown color decorated with various elements: white flowers with blue centers and orange dots, orange leaves, and small blue and orange squares. A large white speech bubble with a black outline is centered on the page.


I can **MANAGE**
my strong
emotions!

NOTICE the
good things in
others as well as
myself.



I am **OPEN** to
trying new
things.





I can be
PATIENT even
when its hard to
wait.

I never **QUIT**,
even when
things are hard.



I RESPECT

myself and

others.



I am a
STRONG
Leader.



I am

THANKFUL for

my blessings.



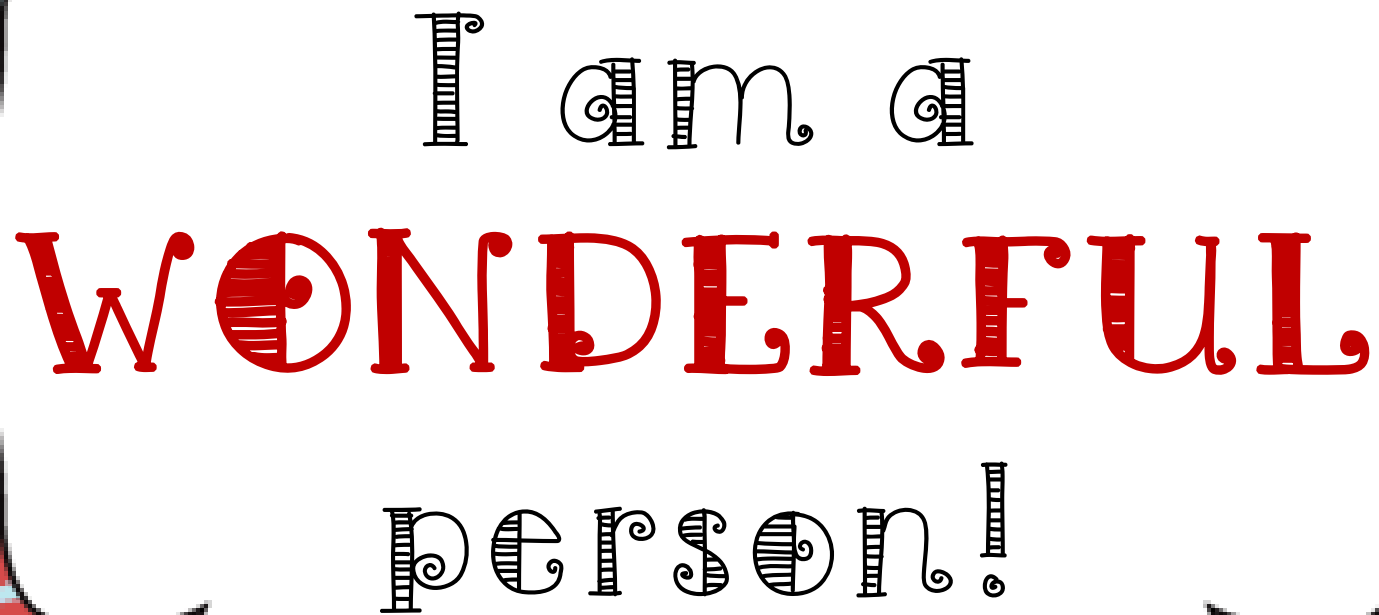
I am

UNIQUE.




I can
VISUALIZE
my goals.





I am a
WONDERFUL
person!





I am
X-traordinary
in every way!

I **YEARN** for
love and
belonging!



I am full of

ZEST!

