



# POSITIVE AFFIRMATIONS

read . believe . repeat

I am **SPECIAL.**

I am **GIVING.**

I am **PEACEFUL.**

I am **KIND.**

I am **LOVED.**

I am **SMART.**

I am **STRONG.**

I am **HEALTHY.**

I am **THANKFUL.**

I am **HAPPY.**

I am **PROUD.**

I am **BEAUTIFUL.**



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Name: \_\_\_\_\_

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Name: \_\_\_\_\_

Name: \_\_\_\_\_