

## 36 Heart Cut Out Positive Affirmations

Positive affirmations engage parts of the brain that are associated with positive valuation, self-processing, and rewards.

In a nutshell-the bolster our children's self-esteem.

Here are 36 positive affirmations presented in a "Today..." format.

Cut out the hearts. Choose one for each day of the month.

Put it on a mirror so the child can read it and look at themselves as they say it in the morning.

These can be laminated so they can be used again and again.

For conversation-at the end of the day, ask how your child saw their affirmation at work that day.



Today...  
I am amazing.



Today...  
will be a great day.



Today...  
I will make good  
choices.



Today...  
I will remember I  
have people who  
love me.



Today...  
I will remember  
that anything  
is possible.



Today...  
my best is enough.



Today...  
I will remember that  
everyday I learn  
more.



Today...  
I make the world  
a better place.



Today...  
I am confident  
and calm.



Today...  
I celebrate the things  
that make me  
unique.



Today...  
I make a difference.



Today...  
I am a good friend.



Today...  
I am good at  
solving problems.



Today...  
my thoughts and  
feelings are  
important.



Today...  
I am kind to others.



Today...  
I love myself,  
because  
I am me.



Today...  
I am a fun person  
to be around.



Today...  
I can find good  
solutions to any  
problems.



Today...  
I am a great  
listener.



Today...  
I will take time to  
understand my  
feelings.



Today...  
I am strong,  
inside and out.



Today...  
I will surround  
myself with  
wonderful people.



Today...  
I radiate positive  
energy.



Today...  
Wonderful things  
are going to  
happen.



Today...  
I believe in who I  
am and what I  
can do.



Today...  
I am safe and  
cared for.



Today...  
I am playful,  
fun, and creative.



Today...  
My life is filled with  
joy and laughter.



Today...  
I am proud of the  
person I am  
becoming.



Today...  
I can do anything  
I set my mind to.



I am looking  
to today.



Today...  
I am excited to try  
new experiences.



Today...  
I am important.,



Today...  
I am an honest and  
caring friend.



Today...  
I am focused and able  
to remember what  
I set my  
mind to.



Today...  
I believe in myself.