

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.