

# Positive Affirmation Cards

- You can start your groups by pulling one card (or more) and asking group members, "Who could use this card today and why?" Give the card to the group member who answers and allow them to keep it!

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*I am exactly  
where I need to  
be*

*I am brave*

*I am enough*

*I can & I will*

*I am doing the  
best I can, and  
that is enough*

*I stand up  
for myself*

*I am hopeful*

*I am fearless*



*I am strong*



*I am whole  
& complete*



*I believe in  
myself*



*I matter*

*I embrace  
challenges*

*I trust  
myself*

*The possibilities  
in life excite &  
energize me*

*I choose to  
move on*



*I am  
important*



*I choose  
happiness*



*I can let go*



*I am at  
peace*

*I am safe*

*I have strength  
in my heart and  
clarity in my  
mind*

*My hard work  
pays off*

*I am fierce*

*I am  
unstoppable*

*I forgive myself for  
making mistakes. I  
am human and I  
learn from them*

*I celebrate  
myself*

*I am  
grateful*





*I love myself*



*I deserve  
the best*



*I am confident  
& secure*



*I am proud  
of myself*

Every decision I  
make is the right  
one for me

I take care  
of myself

I am my own  
superhero

I am in  
charge of  
my life

# Credits



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