

# SELF-SUFFICIENT KIDS

## 54 AFFIRMATIONS FOR CHILDREN



**I am loved.**

I am capable.

I am helpful.

I am friendly.

**I am intelligent.**

**I am brave.**

I am generous.

I am protected.

I am confident.

**I am caring.**

**I am a wonderful friend.**

I am creative.

I am persistent.

I am forgiving.

**I am honest and trustworthy.**

**I am compassionate.**

I am strong, inside and out.

I am joyful.

I am patient.

**I am perfect just the way I am.**

**I am beautiful.**

I am worthy.

I am whole and complete.

I am thoughtful and kind.

**I am optimistic.**

**I am a great listener.**

I am unique and special.

**I am proud myself.**

I am calm, relaxed and peaceful.

I am worthwhile of love.

I am deserving of trust and kindness.

**I support others with love.**

**I forgive others for their mistakes.**

I choose to learn from mistakes.

I forgive myself for making mistakes.

I can solve problems.

**I turn failures into opportunities.**

**Problems challenge me to be better.**

I act responsibly.

I deeply love and accept myself.

I have faith in myself.

**I believe in myself.**

**I believe in my dreams.**

I have the courage to be myself.

I am thankful for being who I am.

I see the good in myself.

**I am a good friend to myself.**

**I enjoy spending time with myself.**

I am exactly where I need to be.

I am always in the right place.

I can become whatever I want to be.

**I love my family and friends.**

**I am in charge of my life.**

I play an important role in the world.

