



# Daily Positive Affirmations

# Positive Affirmations



twinkl



It is important to start each day with a positive thought, as this thought can stay with you for the rest of the day.

Focussing on a positive thought can help you to feel happier and calmer. You can also share this positive thought with others, helping to make their day a little brighter too!





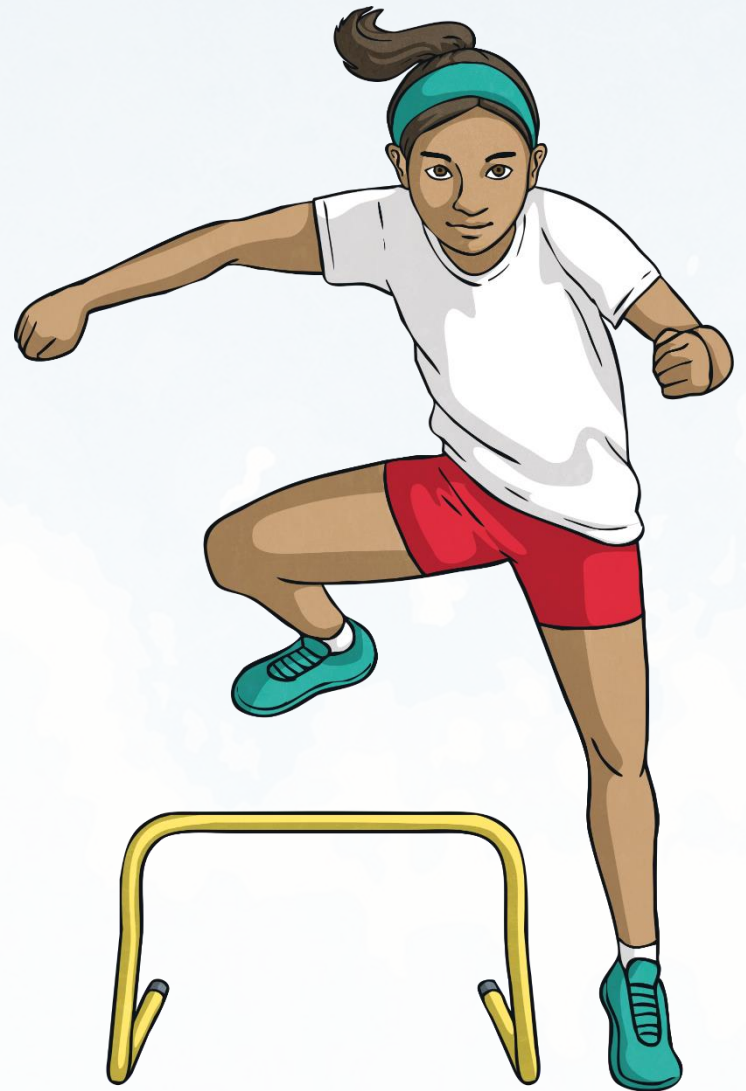
**Positivity is a  
choice and I choose  
to be positive.**



**I am a good  
listener.**



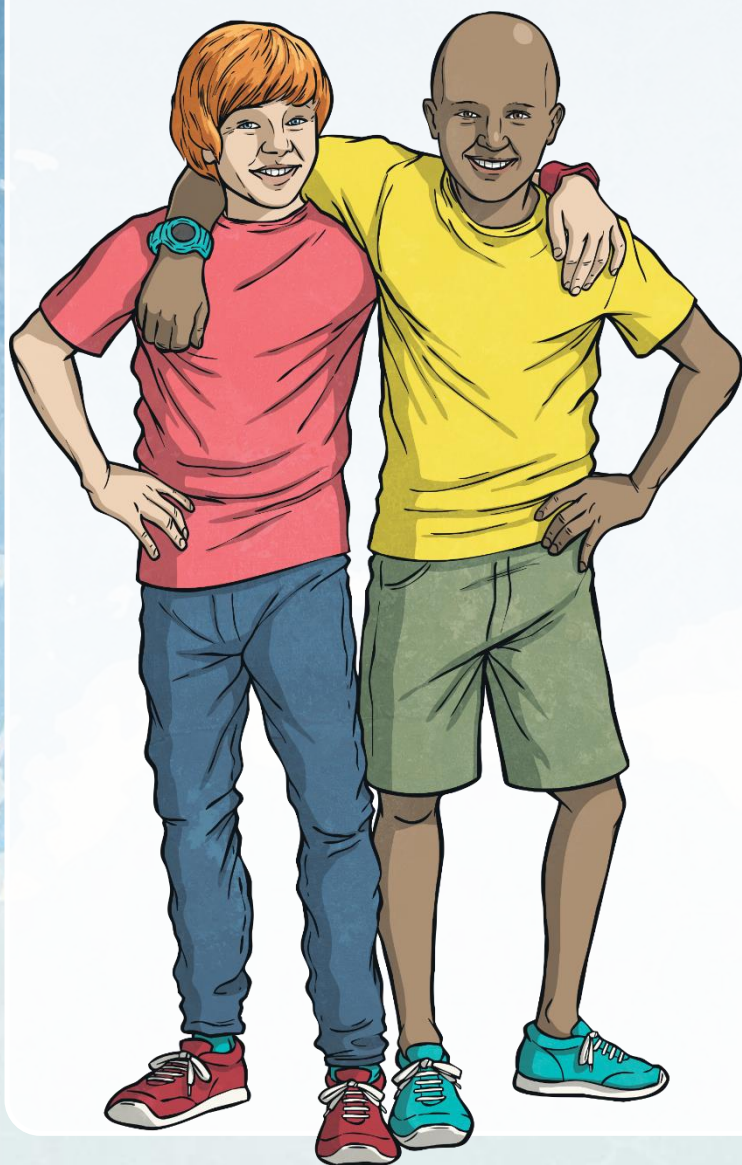
**I get better  
every day.**





**I am  
compassionate  
and  
understanding.**





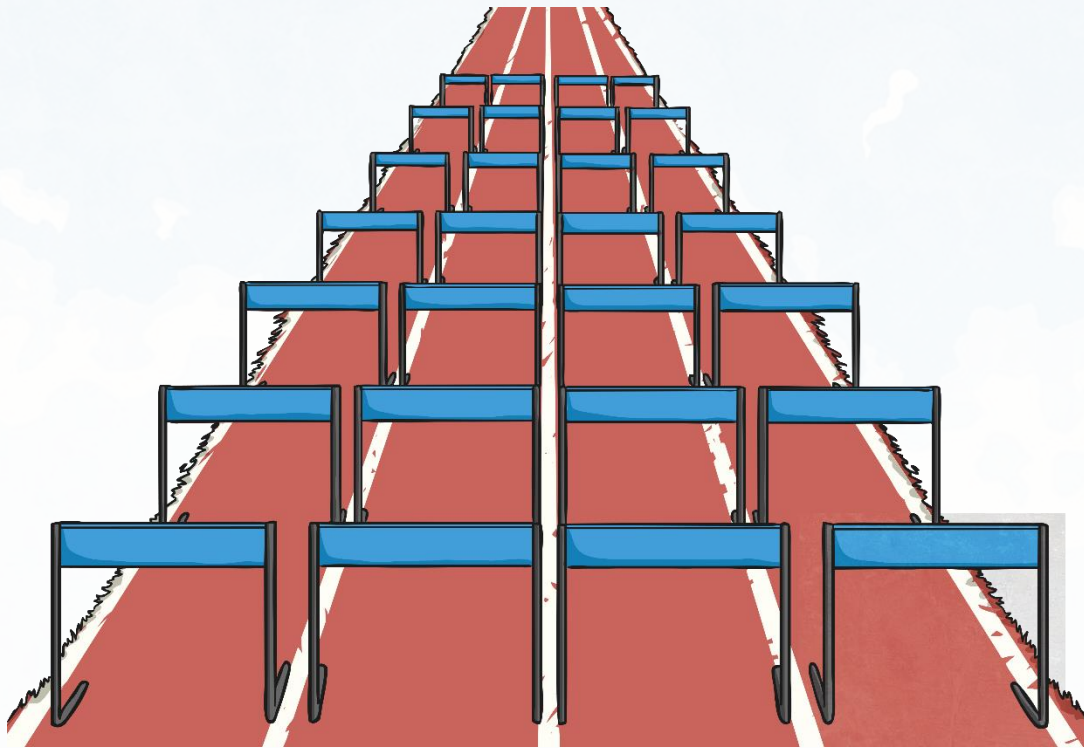
**I am a good  
friend.**



**I am loved just  
for being me.**

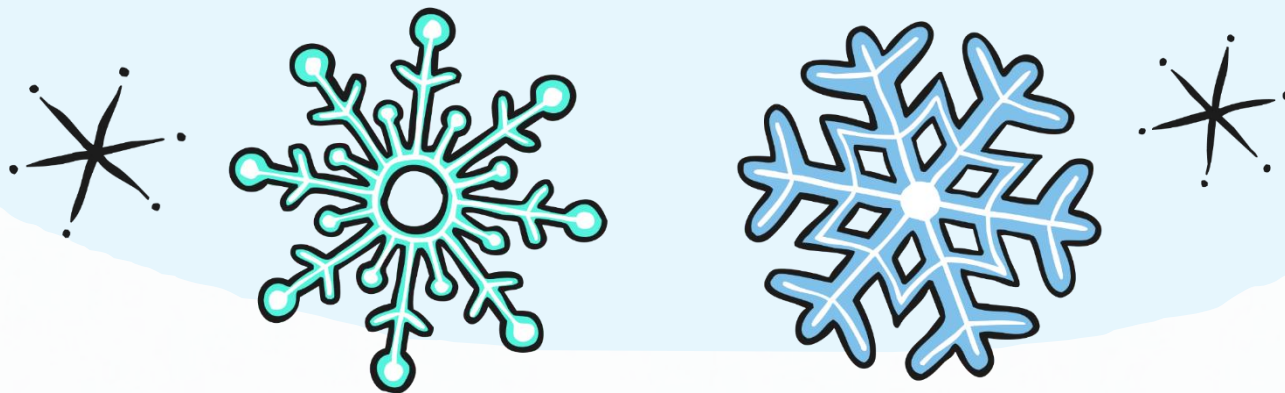


**I embrace any challenges  
that are sent my way.**





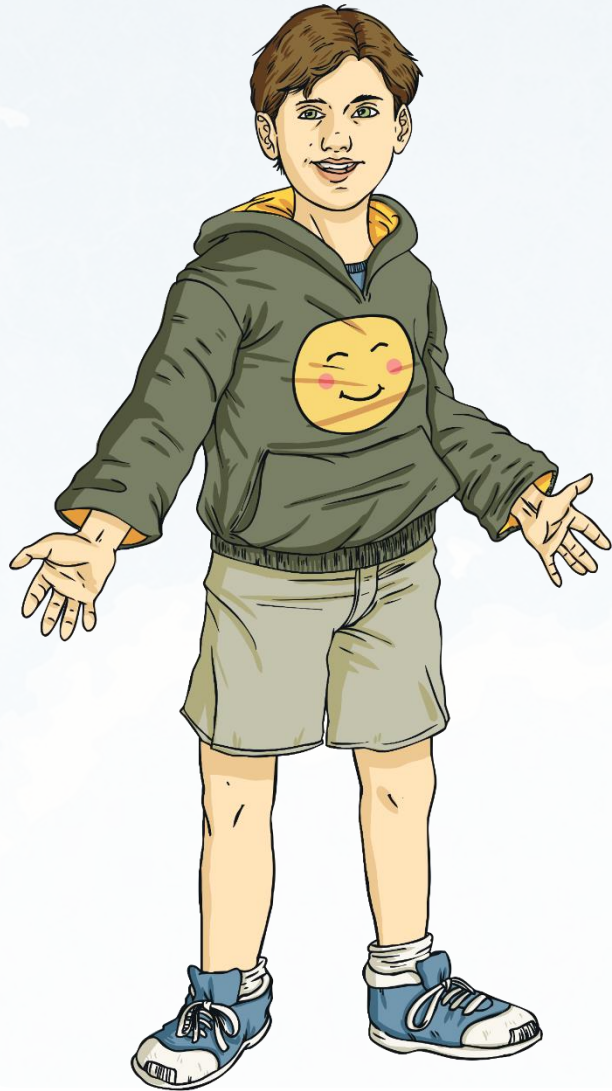
**I am unique.**





**I show  
empathy  
to others.**





**I am great just  
the way I am.**



**I am resilient.**





**Today is  
going to be a  
great day!**



**I am  
helpful.**



**I have a positive  
attitude.**

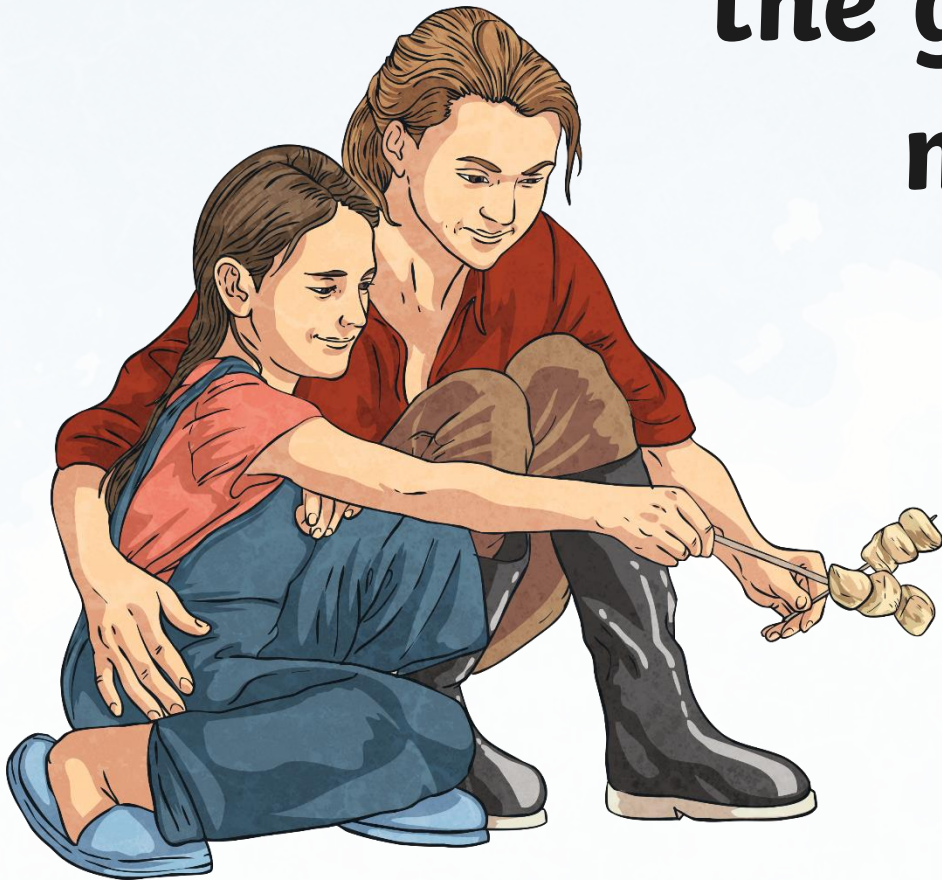




**I try my  
hardest.**



**I appreciate  
the good things  
my life.**





**I am ready  
to learn.**





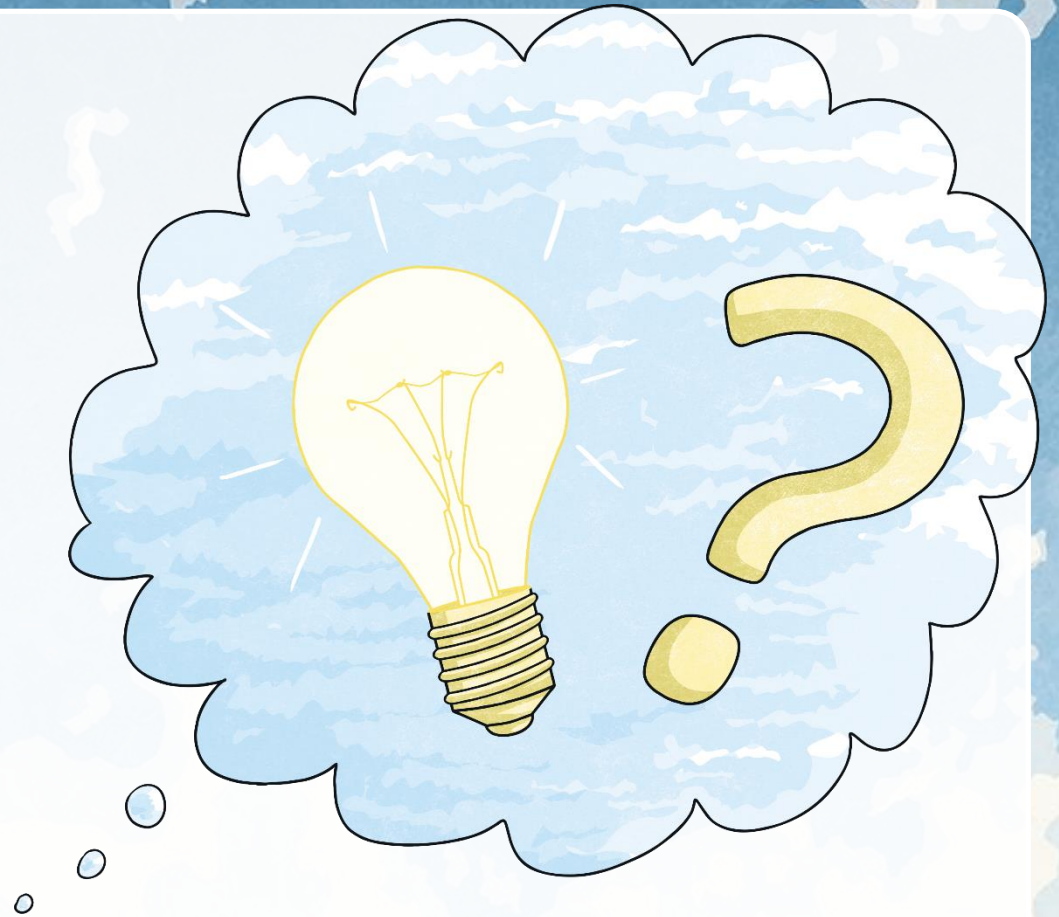
**I am beautiful  
inside and out.**



**I am worthy of  
being loved.**







**I am talented.**



**I can do  
anything  
I put my  
mind to.**



**My mistakes  
help me learn  
and grow.**





**I can make  
choices which  
make me feel  
happier.**

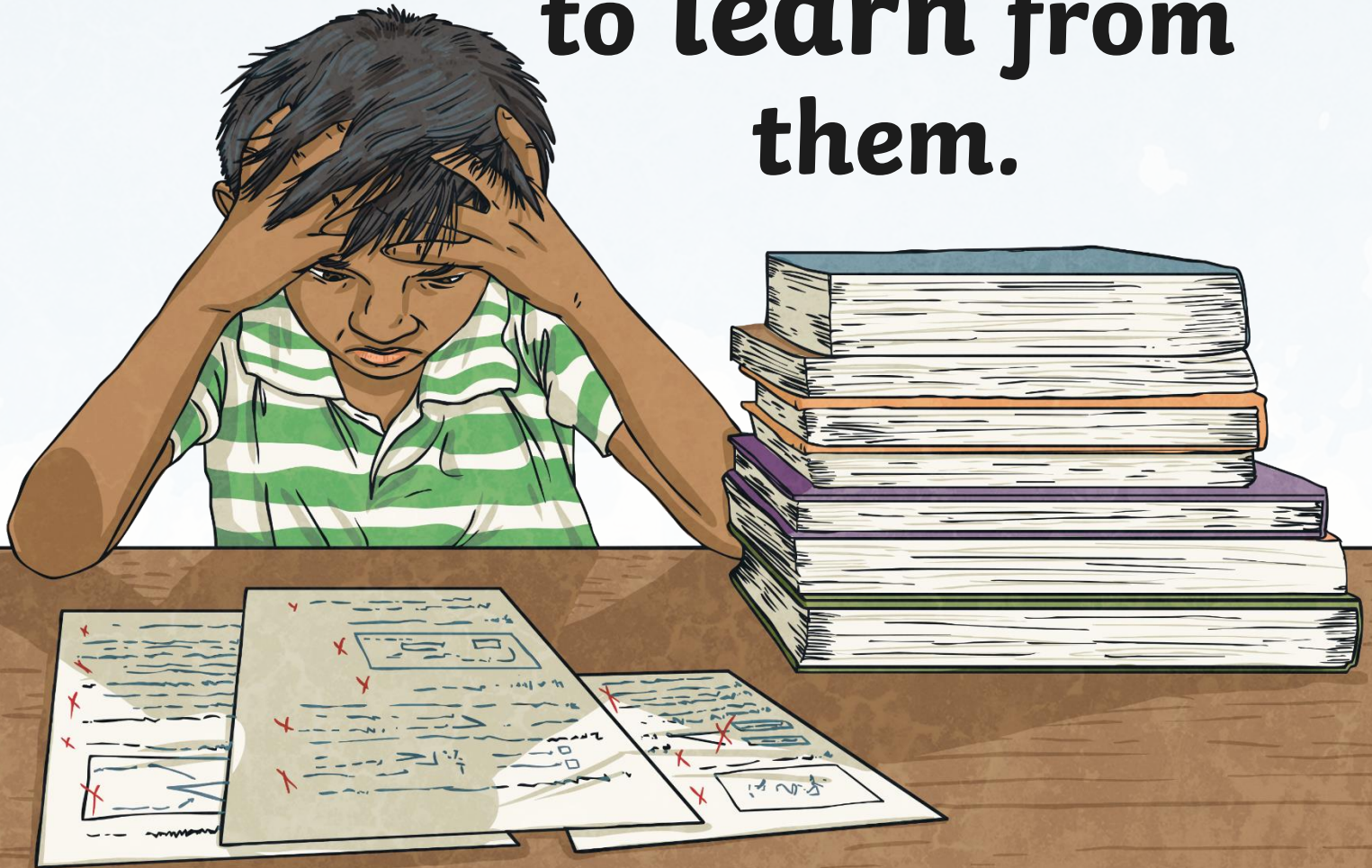




**I can achieve my  
dreams and goals.**

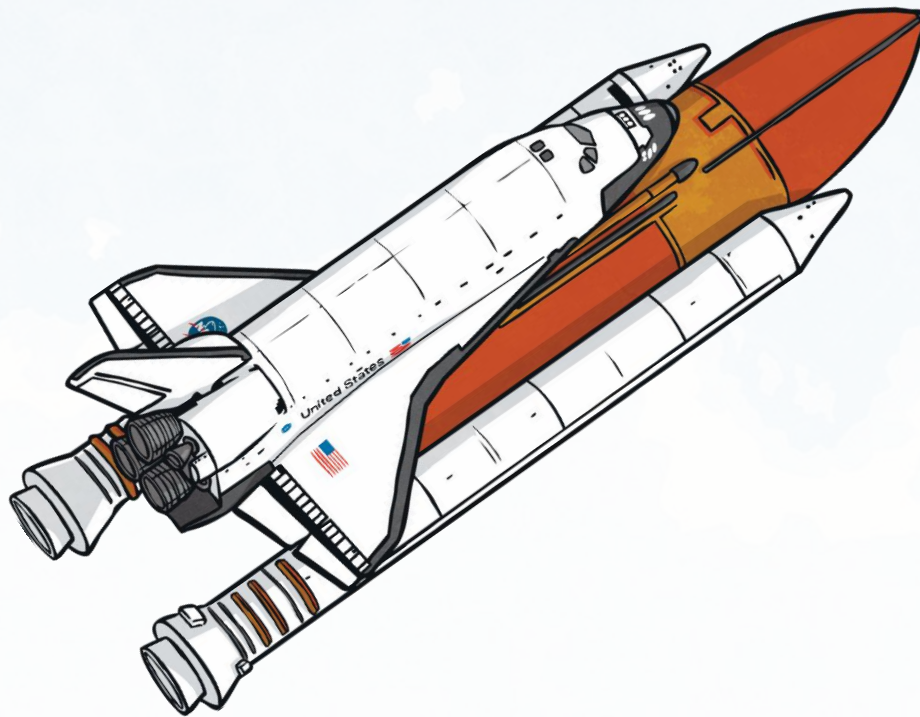


**I make mistakes  
to learn from  
them.**





**I can reach for  
the stars!**





**I am honest  
and trustworthy.**



**I always  
try my  
best.**



Which positive affirmation fits with how you're feeling today?