



Positive Affirmations

For Children

By Amazing Me Yoga



I can get through hard things.



My family love me exactly how I am.



I am important.



I am smart.



I can ask for help when I need it.



I love myself exactly how I am.



I choose to be happy.



I am enough.



I choose to be confident.



It is okay to not know everything. I am learning every day.



(Write your own affirmation here) _____