

## Affirming Language

Practicing positive language is a very important way to feel confident and self-assured in what can be a very negative world. We are all special and unique and it is always beneficial to remind ourselves of that fact. Affirmations can help us feel better, give us a positive attitude, and help us to achieve our goals.

Affirmations are positive statements about us or other people. They are statements about who we are and what we can become. They help us to feel more positive and hopeful.

Examples of Affirming Language are:

I am great!

I am beautiful!

I am a loving person.

I am a good reader.

I am good at \_\_\_\_\_.

I am smart.

I am unique.

I am forgiving.

I am safe.

I like myself.

I am loved.

I love my life.

I feel happy.

I am friendly.

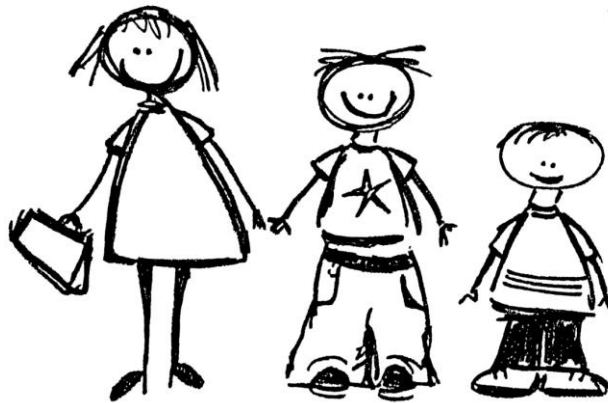
I am kind.

I have lots of people who love me.

I am healthy.

I am strong.

I take good care of myself.



By replacing I with You, you can give affirmations to another person.

Examples: You are great!

You are beautiful.

You are a loving person.

You are a good reader.