

Positive Affirmations

Using statements or affirmations that include positivity and hope can help us develop a new attitude towards ourselves, others and the world. Below you will find a list of positive statements that you can use throughout the day, every day, in order to highlight the positive aspects about who you are, about others and the world around you. You can also choose to create one of your own that is meaningful to you. Use a statement that starts with “I” and use the present tense. Simply remember to say the statement throughout the day, whether you say it in your head, out loud, you sing it or you write it down.

I am strong

I am dedicated I am motivated I have strength

I am a loving person

Others care about me

I am in control of my life

I make good decisions, based on the information available to me at the time

Each day, I am working toward creating a life I love

I have the strength and resilience to get through this

I have many things to be proud of

My life has meaning and purpose

I have created my goals and I am working towards them

I am a wise person

My Personal Affirmation that I have developed:
