POSITIVE AFFIRMATIONS

AN ACTIVITY TO HELP YOU CHALLENGE NEGATIVE THINKING

ALUMINA

One way we can look after ourselves, and begin to gently challenge our negative thinking patterns, is by reinforcing our positive thoughts and views about ourselves with positive affirmations.

Use the images below to create your own positive affirmation cards that you can use to encourage yourself when you need it. Fill the cards out with a positive message you would like to tell yourself, colour in the image, cut it out and put somewhere you will see it.

Here's some inspiration for your card

I will be kind to myself today

I am strong

I will make time for what brings me joy



I give myself room to make mistakes and grow

I focus on what I can control in my life.

I will make time for what brings me joy

My possibilities are endless

I will look for the good in things.

I am brave