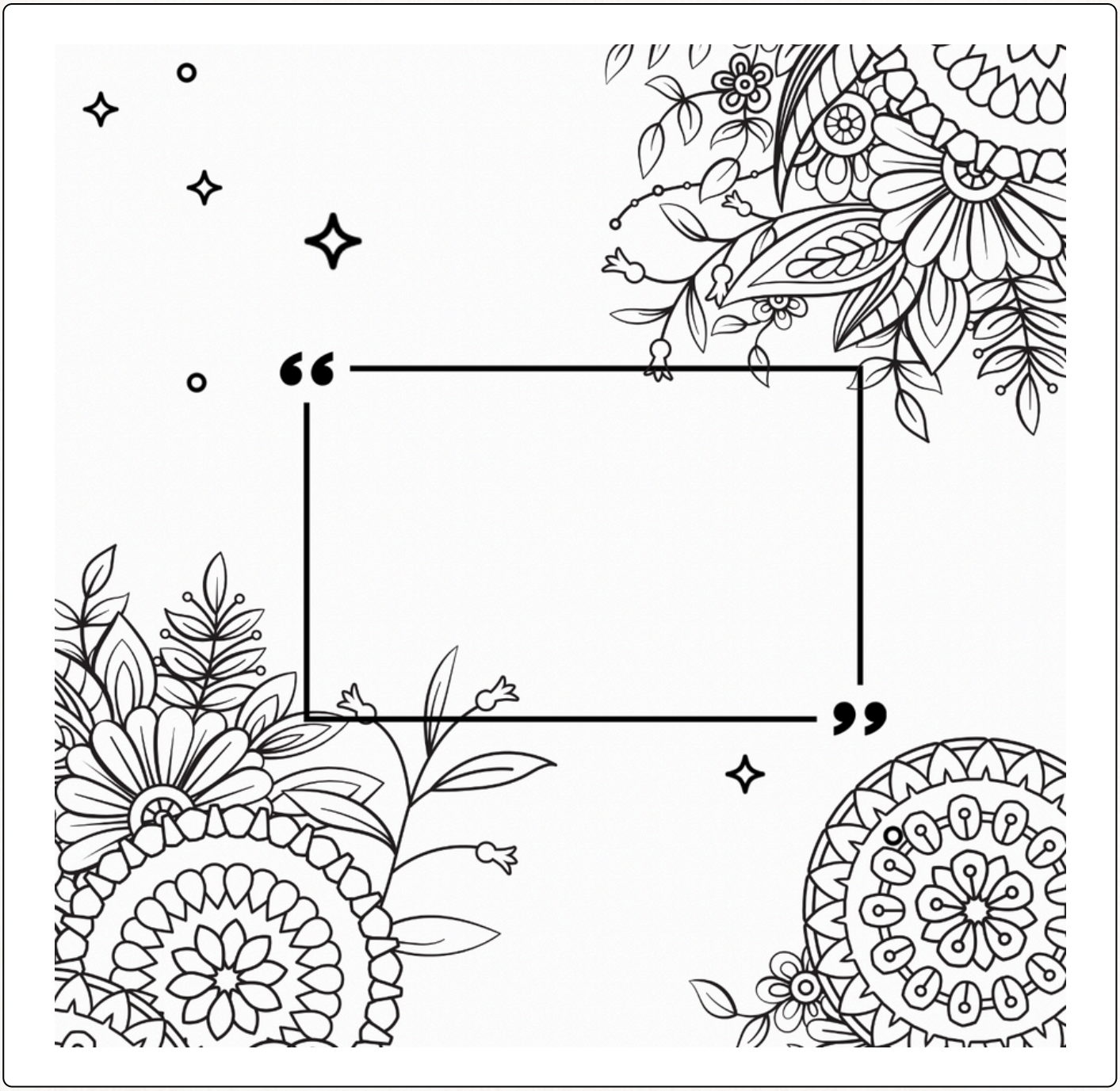
Positive Affirmations

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 image below to create your own positive affirmation cards that you can use to encourage yourself when you need it. Fill the space 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 look for the good in things
- My possibilities are endless
- I will make time for what brings me joy