

## 135 Affirmations for Children & Teens

1. I am loved.
2. I listen to my heart.
3. I am safe.
4. I have lots of friends who love me.
5. My dreams are coming true.
6. I am helpful.
7. I am friendly.
8. Every problem has an answer.
9. I am kind.
10. I can do it.
11. I play well with others.
12. I am intelligent.
13. I learn from my mistakes.
14. I act responsibly.
15. I am calm.
16. I love myself even though I sometimes fail.
17. Every day brings new opportunities.
18. I accept and love myself.
19. I am kind.
20. I am relaxed.
21. I have faith in myself.
22. I am brave.
23. I have trust in myself.
24. I am generous.
25. I am loving.
26. I meet great decisions.
27. I am kind to all.
28. I am protected.
29. Whatever I do, I give it my best.
30. I am exactly where I need to be.
31. I trust in my abilities.
32. I solve problems.
33. I am unique.
34. I have lots of energy.
35. I am peaceful.
36. I can become whatever I want to be.
37. I embrace change.
38. I make friends easily.
39. My intuition is a guide showing me the right direction.
40. I accomplish great results.
41. I have a beautiful imagination.
42. I am confident.
43. I welcome the unfoldment of events.
44. I am caring.
45. I find creative solutions to my problems.
46. I think positive.
47. I am thankful.
48. I am courageous.
49. I am gentle with myself and others.
50. I am whole.
51. I enjoy testing new ideas.
52. I have courage.
53. I have happy thoughts.
54. I forgive others for their mistakes.
55. I reach my goals.
56. Problems are challenges to make me better.
57. I discover the beauty in everything.
58. I have positive thoughts.
59. I am in charge of my life.
60. I enjoy discovering something new.
61. My family and friends love me for who I am.
62. I am a good friend to myself.
63. I enjoy learning.
64. I have many good friends.
65. I am very creative.
66. I believe in my abilities.
67. I am persistent.
68. I understand complex problems quickly.
69. I am forgiving.
70. I am honest.
71. I am trustworthy.
72. I always find ways to overcome challenges
73. I am compassionate.
74. I listen to my inner wisdom.
75. I am open to new and exciting possibilities
76. I make friends easily.
77. I give freely.
78. I am a good influence on others.
79. I draw inspiration from life and my role models.
80. I am awesome.
81. I have good friends.
82. I am a good friend.
83. I am thoughtful and kind.

84. I enjoy spending time with myself.
85. I am strong inside and out.
86. I am gentle.
87. I reach for the stars.
88. Miracles happen to me.
89. I am joyful.
90. I am patient.
91. I am brave.
92. I am perfect just the way I am.
93. I am ready to seize the opportunities of the day.
94. I am awesome.
95. I care about others.
96. I feel joy in every corner of my body.
97. I work hard.
98. Life is fun.
99. I enjoy being cheerful.
100. I am important.
101. I can do anything.
102. I am peaceful.
103. I approve of myself.
104. My heart guides me.
105. I trust my intuition.
106. I am thankful for being who I am.
107. I see the good in myself.
108. I enjoy being happy.
109. I take pleasure in my life.
110. I support others with love, respect and kindness.
111. I like absorbing knowledge like a sponge.
112. I am a winner.
113. I am worthwhile of all the love and happiness in the world.
114. I am proud myself.
115. I take care of my responsibilities.
116. I am beautiful.
117. I like being challenged.
118. I am a smart.
119. I play an important role in the world.
120. I am thoughtful.
121. I trust the wisdom in me.
122. I replace anger with compassion.
123. I am optimistic.
124. I am excited about the unknown.
125. I learn from my mistakes.
126. I love my family and friends.
127. I receive all the help that I need.

128. Everything works out just fine.
129. Wonderful and awesome things happen to me.
130. I enjoy challenging myself.
131. I forgive myself for making a mistake.
132. I believe in myself.
133. I believe in my dreams.
134. I have the courage to be myself.
135. I am okay with who I am.

Created in part by...

