



repeat these
affirmations

I am worthy, I matter and how I
feel matters.
I am loved.

I am braver than I think,
stronger than I seem and
smarter than I know.

My presence on this earth
makes a difference whether I
see it or not.

Provided by Adama's Nexus





write your own
affirmation



A white sheet of lined paper with a hole-punch on the left side. A yellow sticky note with a torn edge is placed over the top of the paper. The paper has 12 horizontal lines for writing.