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## POSITIVE THINKING AFFIRMATIONS

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If you enjoy this resource, consider more social emotional activities:

### Social Emotional Learning Journal

**Digital and Printable Versions Included**

My Social Emotional Learning Journal

Name: \_\_\_\_\_

### MORNING Meeting

#### SOCIAL EMOTIONAL LEARNING FOR THE YEAR

**Developing Empathy**

**INTRODUCTION:** Empathy is thinking about how other people feel in a situation. It is also being able to share those emotions to connect with others.

**DISCUSSION QUESTIONS**

- Why is it important to think about others' feelings?
- How can you notice how someone else might be feeling or thinking?
- What social cues hint at someone's feelings?
- What would the world be like without empathy?
- Why is empathy important in relationships?
- Can you have empathy with people who aren't your friends? Explain your thinking.

Computer-Friendly and Print Versions Included!

### Positive Self-Talk Boom Cards

Choose any of the words to create your own positive self-talk.

I am...

strong talented smart loved great  
beautiful kind unique enough calm

For more ideas, head to:  
[www.thepathway2success.com](http://www.thepathway2success.com)



Name: \_\_\_\_\_

Date: \_\_\_\_\_

# POSITIVE THINKING EDUCATOR GUIDE

Positive thinking is a powerful tool that can improve your health, help you manage stress, overcome challenges, and make better choices. Everyone can benefit from improving their positive thinking skills! The idea is that by changing your thinking, you can control your emotions and your actions. Positive thinking skills often start with positive-self talk, which means using the voice in your head to say positive thoughts about yourself or a situation.

Use the list of 101 positive thoughts and affirmations with students by reading them, discussing how they might help, and identifying which phrases would work best. Have them choose their top 10 favorite positive affirmations from the list (or their own) and write these on the "My Positive Thoughts & Affirmations Worksheet".

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### POSITIVE THOUGHTS & AFFIRMATIONS

1. There is no one better to be than myself.
2. I am enough.
3. I get better every single day.
4. I am an amazing person.
5. All of my problems have solutions.
6. Today I am a leader.
29. I am free to make my own choices.
30. I deserve to be loved.
31. I can make a difference.
32. Today I choose to be confident.
33. I am in charge of my life.
34. I have the power to make my dreams

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### POSITIVE THOUGHTS & AFFIRMATIONS

51. It's okay to make mistakes.
52. I am making the right choices.
53. I surround myself with positive people.
54. I am a product of my decisions.
55. I am strong and determined.
56. Today is going to be my day.
57. I have inner beauty.
58. I have inner strength.
59. No matter how hard it is, I can do it.
60. I can live in the moment.
61. I start with a positive mindset.
62. Anything is possible.
63. I radiate positive energy.
64. Wonderful things are going to happen to me.
65. I can take deep breaths.
66. With every breath, I feel stronger.
67. I am an original.
68. I deserve all good things.
69. My success is just around the corner.
70. I give myself permission to make mistakes.
71. I am thankful for today.
72. I strive to do my best every day.
73. I'm going to push through.
74. I've got this.
75. I can take it one step at a time.
76. I'm working at my own pace.
77. I'm going to take a chance.
78. Today I am going to shine.
79. I am going to get through this.
80. I'm choosing to have an amazing day.
81. I am in control of my emotions.
82. My possibilities are endless.
83. I am calm and relaxed.
84. I am working on myself.
85. I'm prepared to succeed.
86. I am beautiful inside and out.
87. Everything is fine.
88. My voice matters.
89. I accept myself for who I am.
90. I am building my future.
91. I choose to think positively.
92. My happiness is up to me.
93. I'm starting a new chapter today.
94. I trust in my decisions.
95. I can change the world.
96. I am smart.
97. I choose my own attitude.
98. I am important.
99. I am becoming the best version of myself.
100. Today I will spread positivity.
101. The more I let it go, the better I will feel.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### MY POSITIVE THOUGHTS & AFFIRMATIONS

List some positive thoughts and affirmations you can say to yourself.

#1	
#2	
#3	
#4	
#5	
#6	
#7	
#8	
#9	
#10	

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Best of all, kids can read from the list of positive affirmations during times when they need extra support. They can use it to help them start their days on a positive note, before a stressful situation, when they are upset, or just to help them improve their mood.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# POSITIVE THOUGHTS & AFFIRMATIONS

1. There is no one better to be than myself.
2. I am enough.
3. I get better every single day.
4. I am an amazing person.
5. All of my problems have solutions.
6. Today I am a leader.
7. I forgive myself for my mistakes.
8. My challenges help me grow.
9. I am perfect just the way I am.
10. My mistakes help me learn and grow.
11. Today is going to be a great day.
12. I have courage and confidence.
13. I can control my own happiness.
14. I have people who love and respect me.
15. I stand up for what I believe in.
16. I believe in my goals and dreams.
17. It's okay not to know everything.
18. Today I choose to think positive.
19. I can get through anything.
20. I can do anything I put my mind to.
21. I give myself permission to make choices.
22. I can do better next time.
23. I have everything I need right now.
24. I am capable of so much.
25. Everything will be okay.
26. I believe in myself.
27. I am proud of myself.
28. I deserve to be happy.
29. I am free to make my own choices.
30. I deserve to be loved.
31. I can make a difference.
32. Today I choose to be confident.
33. I am in charge of my life.
34. I have the power to make my dreams true.
35. I believe in myself and my abilities.
36. Good things are going to come to me.
37. I matter.
38. My confidence grows when I step outside of my comfort zone.
39. My positive thoughts create positive feelings.
40. Today I will walk through my fears.
41. I am open and ready to learn.
42. Every day is a fresh start.
43. If I fall, I will get back up again.
44. I am whole.
45. I only compare myself to myself.
46. I can do anything.
47. It is enough to do my best.
48. I can be anything I want to be.
49. I accept who I am.
50. Today is going to be an awesome day.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# POSITIVE THOUGHTS & AFFIRMATIONS

- 
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  97. I choose my own attitude.
  98. I am important.
  99. I am becoming the best version of myself.
  100. Today I will spread positivity.
  101. The more I let it go, the better I will feel.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# MY POSITIVE THOUGHTS & AFFIRMATIONS



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#1	
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#10	

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# MY POSITIVE THOUGHTS & AFFIRMATIONS

List some positive thoughts and affirmations you can say to yourself.

#1	There is no one better to be than myself.
#2	I am enough.
#3	I can make a difference.
#4	I am proud of myself.
#5	Today will be a great day.
#6	I can get through anything.
#7	I matter.
#8	I believe in myself.
#9	My challenges help me grow.
#10	I get better every single day.

# About the Author



Kristina Scully is a special educator and curriculum specialist with over 12 years' experience. She has a bachelor's degree in special and elementary education from the University of Hartford, along with a master's degree in special education with a specialization in autism from the University of St. Joseph. She has worked extensively with kids and young adults with social emotional needs, learning disabilities, autism, executive functioning challenges, and more.

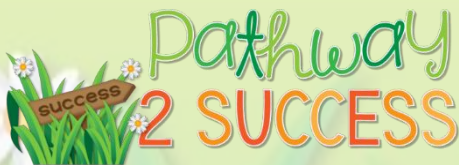
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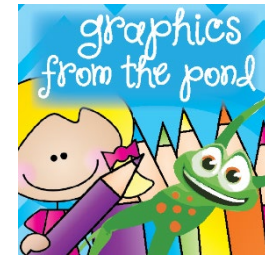
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