

I love myself because...

I am smart

I am amazing

I am
awesome

I am kind

I am creative

I am funny

I am trustworthy

I am friendly

I am brave

I am thoughtful

I love my mom because...

she is kind

She is amazing

She gives great advice

She cares for me

She is hardworking

She gives the best hugs

She is supportive

She is very understanding

She is the best

She has the best smile

Self Affirmations

I am smart

I am enough

I am
awesome

I deserve good
things

I am beautiful

I am loved

I love myself

I am strong

I am brave

I am proud of myself

I am grateful for...

My mom

Birthdays

My mind

Laughter

Cute animals

Fresh air

My friends

The holidays

My toys

My kind heart

Sunshine

Snacks

Music

Chocolate

My sibling

My Teachers

Flowers

Cookies

A Goal for the year is to...

I will reach it by...

Help my mom more

Ask what I can help with

Get better grades

Studying harder

Do more chores

Clean my dishes

Do my homework without being asked

Do it as soon as I can

Be kinder to siblings more

Hug my siblings

Ask more questions

asking questions if I'm confused in school

Learn a new skill

Spend 10 minutes a day learning it

Read a new book

Try to read a chapter once a month

Share toys better

Let someone else play

Learn one new song/fact/etc. a month

Ask a friend or teacher

I am proud of myself because...

I am helpful

I am a good friend

I am beautiful

I am strong

I have courage

I am kind to others

I like to try new things

I am loyal

I am tough

I am hardworking

I am proud of my mom because...

She never gives up

She tries her hardest

She is the best!

She is strong

She has courage

She is great teacher

She supports me

She is selfless

She is tough

She is hardworking

My Mother loves my...

Smile

Laugh

Brain

Stories

Smile

Snuggles

Eyes

Sense of
Humor

Hugs

Voice