

I Am Affirmations

Affirmations are positive and encouraging words or statements that we can say to ourselves.

When we say something positive to ourselves, it can help us to feel happier and more ready for the day ahead.

This flower is filled with positive affirmations that you might like to read to help you to feel happier and ready for the day ahead.



You might like to add your own ideas to the tree below.

You could write some more words to complete the I am... statements or you could draw pictures instead.

Think about words or activities that help you to feel happy and proud of yourself.

