

# Positive Affirmations

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**I am doing my very best**

**I am doing enough**

**I am exactly where I need  
to be**

**It's healthy to take breaks  
once in a while**

**I go to class with a positive  
mindset**

**I am open to learning new  
things**

**I am not my negative  
thoughts**

**I choose not to worry about  
the things I cannot control**

**I deserve to have fun**

**I can balance my time  
between work and play**

**I am thankful for the  
opportunity to go to college**

**I believe in myself**

**Stay dedicated. It's not  
going to happen overnight**

**If the plan doesn't work,  
change the plan but never  
the goal**

**I am capable of achieving  
my goals**

**I am confident in myself and  
my abilities**

**I love who I am and who I am  
becoming**

**I have the strength to  
overcome any challenge**

**I matter**

# Positive Affirmations

Page 2

**I am always learning and growing**

**I accept what I cannot change and find the courage to change the things I can**

**I have the power to create change**

**I am enough**

**I can enjoy the journey**

**I am on my own unique path**

**I trust my process**

**I am here. I am safe.**

**I am strong and confident**

**I am stronger than this emotion**

**I survived this feeling before, and I can do it again**

**I am proud of myself**

**I will take things one step at a time**

**It is ok to be still**

**I can create healthy boundaries for myself**

**My voice is valuable and my opinion matters**

**I am capable of doing hard things**

**I am doing my best with what I have**

**I release all doubts and insecurities about myself**

**I deserve to be seen**