Positive Affirmation Cards

Cut them out. Read one a day. Say it with your whole voice.

I am loved.	I can try hard things.	Mistakes help me learn.
I am kind.	I am brave.	My feelings matter.
I can ask for help.	I am a good friend.	I can calm my body.
I am growing every day.	I am enough.	Today is a fresh start.

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