

**Affirmation Time**

*Read the affirmation below to yourself and know that we are thinking about you!*

**You are an important part of our community!**



**Affirmation Time**

*Read the affirmation below to yourself and know that we are thinking about you!*

**You bring joy to this world.**



**Affirmation Time**

*Read the affirmation below to yourself and know that we are thinking about you!*

**Today I will learn and grow.**



**Affirmation Time**

*Read the affirmation below to yourself and know that we are thinking about you!*

**Trust your wise voice within.**



**Affirmation Time**

*Read the affirmation below to yourself and know that we are thinking about you!*

**You own this.**



**Affirmation Time**

*Read the affirmation below to yourself and know that we are thinking about you!*

**I am enough.**



**Affirmation Time**

*Read the affirmation below to yourself and know that we are thinking about you!*

**I get better every single day.**



**Affirmation Time**

*Read the affirmation below to yourself and know that we are thinking about you!*

**I will celebrate my small wins.**



**Affirmation Time**

*Read the affirmation below to yourself and know that we are thinking about you!*

**You are smart!**



**Affirmation Time**

*Read the affirmation below to yourself and know that we are thinking about you!*

**You matter!**



**Affirmation Time**

*Read the affirmation below to yourself and know that we are thinking about you!*

**I am not alone!**



**Affirmation Time**

*Read the affirmation below to yourself and know that we are thinking about you!*

**I will bend so I won't break.**



**Affirmation Time**

*Read the affirmation below to yourself and know that we are thinking about you!*

**You are loved!**



**Affirmation Time**

*Read the affirmation below to yourself and know that we are thinking about you!*

**You are powerful!**



**Affirmation Time**

*Read the affirmation below to yourself and know that we are thinking about you!*

**My challenges help me grow.**



**Affirmation Time**

*Read the affirmation below to yourself and know that we are thinking about you!*

**I'm choosing to have an amazing day.**



**Affirmation Time**

*Read the affirmation below to yourself and know that we are thinking about you!*

**I respect myself.**



**Affirmation Time**

*Read the affirmation below to yourself and know that we are thinking about you!*

**Be courageous, with a gentle heart**

