

# AFFIRMATIONS FOR CHILDREN AND TEENS

## The TRANQUIL TREEHOUSE Breathe Believe Be

I USE MY  
BRAIN WELL

I AM A GOOD  
FRIEND

I AM A GREAT  
LISTENER

I AM  
LOVED

I AM  
UNIQUE

I SHOW  
COMPASSION

I SHOW  
EMPATHY

I AM  
BRAVE

I AM  
RESILIENT

I TAKE ON  
CHALLENGES

I HAVE A  
STRONG BODY

I HAVE A  
STRONG MIND

I AM  
CREATIVE

I CARE FOR  
OTHERS

I AM  
HELPFUL

I AM  
FUNNY

I HAVE A  
POSITIVE  
ATTITUDE

I TRY MY  
HARDEST

I LOVE MY  
LIFE!

I AM BEAUTIFUL  
INSIDE  
AND OUT

I AM  
PEACEFUL

I SPEAK  
POSITIVELY  
ABOUT OTHERS

I AM  
RESPONSIBLE

I SEE THE BEST  
IN EVERYONE

I WORK  
THROUGH MY  
PROBLEMS



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I AM  
POWERFUL

I LOVE WITH MY  
WHOLE HEART

I DREAM  
BIG

MY HEART  
IS FULL

I AM  
GRATEFUL

I APPRECIATE  
MY LIFE

THERE IS NO-ONE  
QUITE  
LIKE ME

I AM  
ENOUGH

MY LIFE GETS  
BETTER AND  
BETTER

I AM  
PEACEFUL

I AM  
SPECIAL

I AM  
WONDERFUL

I AM WILLING  
TO LEARN

I AM  
SAFE

I LOOK FOR  
THE GOOD

I AM  
LOVABLE

MY HEART  
IS OPEN

MY MIND  
IS RELAXED

I AM  
CONFIDENT

I AM  
MINDFUL

I ACCEPT  
RESPONSIBILITY

I AM THE  
BEST THAT I  
CAN BE

I AM  
THE CAPTAIN OF  
MY OWN TEAM

I TRUST  
MYSELF

I AM HAPPY  
TO BE ME