

50 positive, morning affirmations:

1. I am an amazing person
2. My best is enough
3. I will have an amazing day
4. I can be anything I want to be
5. It's okay not to know everything
6. I have confidence and courage
7. I am smart
8. Today will be great
9. Today I will spread positivity
10. I will make a difference.
11. I can make my dreams come true
12. I am ready to learn
13. I make good choices
14. I trust my decisions
15. I am important
16. I have people who love and respect me
17. I can do anything
18. I am strong and determined
19. I matter
20. I am capable
21. I am unique
22. I make other people feel better
23. I accept myself for who I am
24. I believe anything is possible
25. I can get through anything
26. I want to do my best every day
27. I'm going to push through.

28. I've got this
29. I will take a chance
30. I will get through this
31. I am relaxed and calm
32. I will take deep breaths
33. I choose my attitude
34. I stand up for things I believe in
35. I surround myself with positive people
36. I make the world a better place
37. No matter how hard it is, I can do it
38. I will think positively
39. Today I will be confident
40. Today is a new beginning
41. Today I will work through my fears
42. Today is going to be my day
43. Everything will be okay
44. I am thankful for today
45. I will be present in the moment
46. I get better every single day
47. My problems have solutions
48. I forgive myself for my mistakes
49. Challenges help me become a stronger person
50. I will do better next time

Instructions:

1. Choose one affirmation from the list below
2. Tell your students that you are sharing a few words to help them think positively and feel better
3. Say the affirmation out loud, and ask students to repeat it back to you.
4. Even if you are working with your students remotely, encourage them to look directly at you

5. Repeat step 3 several times
6. As a group, talk about what the words mean and why they help improve our outlook
7. Ask your students to repeat the affirmation several times during the day

Note: You can also use these morning affirmations in conjunction with our [Affirmation Cards for Kids](#) lesson and/or have students include their favorite affirmations in a [Social Emotional Learning Journal](#).