**Positive Affirmations for Courage**

**I can do great things.**

**I can try my best.**

**I’m always growing my knowledge and learning.**

**I’ve overcome challenges before and I can do it again.**

**I practice things to grow my skills.**

**I’ve got what it takes.**

**I am powerful.**

**I am unique in many ways.**

**I have special gifts to give my community.**

**I’m proud of myself and who I am.**

**I can do hard things.**

**I can learn whatever I put my mind to.**

**If I’m overwhelmed I can take a break and come back.**

**All I need to do is take the first step.**

**I can persevere when things get hard.**

**Mistakes are invitations to learn something new!**

**Challenges help me to learn and grow.**

**When I fall I will get back up, and try again!**

**I have unique strengths all my own.**

**It’s ok to have a hard day.**

**I can do scary things (that are safe for my body).**

**I am courageous.**

**I can approach new situations with an open mind.**

**I’ve got this.**

**I have faith in myself.**