



Positive Affirmations

How you think can affect your mood and levels of happiness. It is easy to get into the habit of only noticing the bad things. Let us try to balance things out.

Write some positive statements in each shape.

For example – **I am** helpful, **I can** always try my best, **I have** people who care for me. Your turn now.

I am

I can

I have

You can revisit this activity from time to time and add to your list.



Based on an idea introduced by Young Minds 360