

Replace Negative Thoughts with Positive Thoughts (Positive Affirmations)

These are some examples of positive affirmations. These statements can help students fight their negative thoughts. Affirmations can help when students are thinking negative thoughts or even when they are not thinking negatively. Affirmations work better and faster the more times a student says them. Students may say these affirmations to themselves several times daily, or they may post them around their house so they can look at them until they sink in. If students do not like these affirmations, encourage them to create their own.

1. I am responsible and in control of my life.
2. Circumstances are what they are, but I can choose my attitude towards them.
3. I am becoming prosperous.
4. I am creating the financial resources I need.
5. I am setting priorities and making time for what is important.
6. Life has its challenges and its satisfactions; I enjoy the adventure of life.
7. Every challenge that comes along is an opportunity for me to learn and to grow.
8. I accept the natural ups and down of life.
9. I love and accept myself the way I am.
10. I deserve the good things in my life as much as anyone else.
11. I am open to discovering new meaning in my life.
12. It's never too late to change.
13. I am improving one step at a time.
14. I am innately healthy, strong, and capable of recovering.
15. I am getting better every day.
16. I am committed to overcoming my condition.
17. I am working on recovering from my condition.
18. I can recover by taking small risks at my own pace.
19. I am looking forward to the new freedom and opportunities I'll have when I've recovered.
20. I am learning to love myself.
21. I am learning to be comfortable by myself.
22. If someone doesn't return my love, I let it go and move on.
23. I am learning to be at peace with myself when alone.
24. I am learning how to enjoy when alone.
25. I respect and believe in myself apart from others' opinions.
26. I can accept and learn from constructive criticism.
27. I am learning to be myself around others.
28. It's important to take care of my own needs.
29. It's okay to be myself around others.
30. I appreciate my achievements and I'm much more than all of them put together.
31. I am learning how to balance work and play in my life.
32. I am learning that there is more to life than success.
33. The greatest success is living well.
34. I am a unique and capable person just as I am.
35. I am proud of doing the best I can.
36. It's okay to make mistakes.