



## What is an affirmation card?

An affirmation card is a **positive statement** that you can repeat when you are feeling unhappy to remind yourself about something good.

You can leave your affirmation card somewhere you can see each day. Like your bedside table or on your mirror. We have also given you each day of the week, so you can change it depending on the day.



# MONDAY





# TUESDAY





# WEDNESDAY





# THURSDAY







# FRIDAY





# SATURDAY





# SUNDAY







*I am more and more calm with  
each deep breath I take.*






***I have everything  
I need for a happy life.***

*I believe in you.*





*You are enough.*



*Think positive.  
BE positive.*





*Today is going to  
be a good day.*