

Nightly Affirmations

Print this sheet & cut out each rectangle. Choose one affirmation to repeat at bedtime.
"Going to bed with a positive thought at night can train the mind to focus on the good and eventually create a more positive mindset throughout the day!" - Self-Esteem Elephant



(Self-Esteem Elephant)

I am loved!

I am in charge
of my attitude.

I AM KIND.

I keep trying at
difficult tasks.

I make good decisions.

I CARE ABOUT OTHERS
AND OTHERS CARE ABOUT ME.

I am brave.

**I love
myself!**

I am smart.

I am forgiving.

I AM TALENTED.

I believe in myself!

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