

TEEN AFFIRMATIONS

How to Use Affirmations:

If you want to bring some positive thinking power into your life, start by doing the following:

1. **Breath** - Take three long breaths. Breath in through your nose, out with your mouth.
2. **Read the Affirmation, Slowly** - Make sure your brain understands what you are actually reading, so do it slowly with purpose.
3. **Believe the affirmation** - Consider what you read and believe that it is true.
4. **Commit to the affirmation** - Make a commitment, to yourself and the affirmation if necessary. Yes, the result is possible. Believe it, commit to it, and it WILL HAPPEN!
5. **Meditate on what you read** - After breathing, reading it slowly, believing and committing to the affirmation, meditate for a few minutes on what you read and what it means to you.
6. **Breath Again** - Take a few more minutes and breath again...in through your nose, out with your mouth.

Affirmations:

1. The more I like myself, the more others will like me.
2. I am becoming better with each day.
3. I am happy to be here.
4. I have people who care about me and will help me if I need it.
5. I will ask for help if I need it.
6. I am always learning more about who I am and what matters to me.
7. I understand that my actions become habits so I will try to do the right thing.
8. I love and respect my family for all they do for me.
9. I am an intelligent being, but I don't know everything.
10. I am proud to represent the values that matter to me and my community.
11. I love myself.
12. I feel lucky to have the opportunities that I do.
13. My dreams are achievable.
14. The only people who may judging me are the people who are most afraid of being judged.
15. In 5 years it is not going to matter what I wore today.
16. In 15 years the only thing that will remain is what I have learned.
17. My first love will probably not be my only love, and I'm ok with that.
18. People can be mean, but it only reflects the kind of person they are.



19. I am happy. Who else am I trying to please?
20. I accept and love the way I look without comparing myself to others.
21. A six-pack does not need to be standard. In either form.
22. I am completely unique and therefore, there are no rules to what I am and am not.
23. I give myself permission to do what is best for me.
24. I admit that I may not always know what is best for me, so I am open to advice from people who I respect.
25. I do not need drugs or alcohol to have fun.
26. I do not need to share every personal detail with my entire social network.
27. I am responsible with my technology.
28. My opinion matters.
29. I acknowledge that sometimes it is not appropriate to voice my opinion.
30. I care about what is going on in the world.
31. I can say no, and no will mean no.
32. I stand up for myself because I matter.
33. I love myself unconditionally.
34. I see the beauty in stopping to appreciate my blessings.
35. I am not in a race, there is plenty of time.
36. Reputation is important, but it is not defining.
37. My friends are not always right.
38. I am not lost, I'm still creating myself.
39. When there is a bump in the road, I keep going.
40. If someone is trying to bring me down, it means I am above them.
41. I have all the tools to be successful.
42. Though times may be difficult, they will eventually get better.
43. I do not regret yesterday and I am excited for tomorrow.
44. This is only the beginning.
45. I will do better next time.
46. I haven't even seen what I am capable of yet.
47. I will savor my youth
48. I do not wish for age but instead experiences and knowledge.
49. I will do today what I will appreciate tomorrow.
50. I begin my day by affirming the positive and end my day with gratitude.

