



**YOU  
Are  
Awesome!**

31 Positive Affirmation Cards  
for Kids

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## How to Use Affirmations for Kids

Print this PDF and cut out each affirmation card.

Parents, a paper cutter, like [this inexpensive one](#), will make this job much faster and easier. Or you can have your kids work on cutting them out with age-appropriate scissors.

If you would like to use these affirmation cards repeatedly without printing each time, consider laminating the cards for durability. Here is an expensive [laminator](#) that works well.

These affirmation cards are meant to bring some sunshine to your day and are perfect to place by your kid's breakfast, tuck into their lunch bags, or leave on their bathroom mirror.

Speaking kindly to yourself and teaching your children to do the same is a beautiful gift you start giving your family TODAY!

It's never too early to teach your kids the power of words, positive self-talk, and a growth mindset. With these cards, they can practice daily affirmations alongside mom and learn to shape their inner voice.

xoxo,  
Erika

I  
am  
kind.

I  
am  
SMART.



I  
am  
IMPORTANT!

I CAN  
do  
HARD  
THINGS.



I  
am  
SAFE.

I   
am  
loved.

I   
BEING  
ME.

I CHOOSE  
to have an  
A-M-A-Z-I-N-G  
  
Day!

I  
am  
Happy  


I  
AM  
UNIQUE  


I  
do  
my  
BEST  


I can do  
ANYTHING  
I put my  
mind to.



I am  
PROUD  
of  
myself.



I  
CAN MAKE  
MY OWN  
CHOICES.  
*mm*



I am  
relaxed  
and  
calm.



It's okay  
not to  
know  
everything.

I can  
be  
ANYTHING  
I want to  
be.

IT'S OK  
to  
make  
MISTAKES.

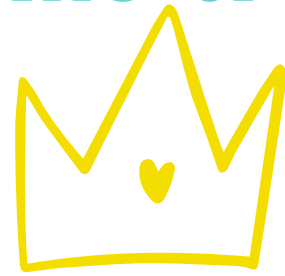
I  
am  
Confident!



I am  
HOPEFUL.



I can  
make my  
**DREAMS**  
come true.



I am  
a  
**GOOD**  
**FRIEND.**

I am a  
**HARD**  
**worker.**





**ICARE** about others.



**I**  
**AM**  
**CAPABLE**



**I can**  
**make a**  
**DIFFERENCE.**

**I DON'T**  
**COMPARE**  
myself to others  
because I know  
I am  
**AMAZING**  
just as I am.

I get to  
**CHOOSE**  
how I  
**RESPOND**  
to people  
who are not  
kind.

**I DON'T  
GIVE UP...**

**...I KEEP  
TRYING**

**I LOVE**  
to learn;  
I learn new  
things  
**EVERY DAY.**