

BEHAVIOR MANAGEMENT

Affirmations

AFFIRMATIONS

Directions: Choose an affirmation and say it out loud.

I am enough.	Everything will be okay.	I believe in myself and my abilities.
I have courage and confidence.	All of my problems have solutions.	I am an amazing person.
Today is going to be a great day.	I am open and ready to learn.	I have people who love and respect me.
I make a difference.	It is enough to do my best.	I get better every day.

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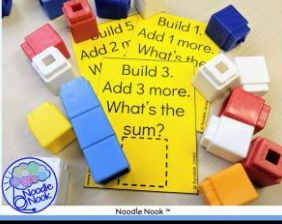
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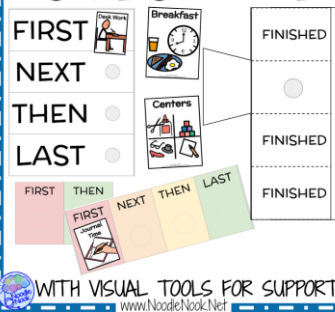
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