

# 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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