

repeat these
affirmations

I am worthy, I matter and how I
feel matters.
I am loved.

I am braver than I think,
stronger than I seem and
smarter than I know.

My presence on this earth
makes a difference whether I
see it or not.

Provided by Adama's Nexus

write your own
affirmation



A sheet of white, perforated paper with a yellow sticky note at the top. The paper has horizontal lines for writing and a torn bottom edge. The background is a soft, watercolor-style wash of light orange and pink.