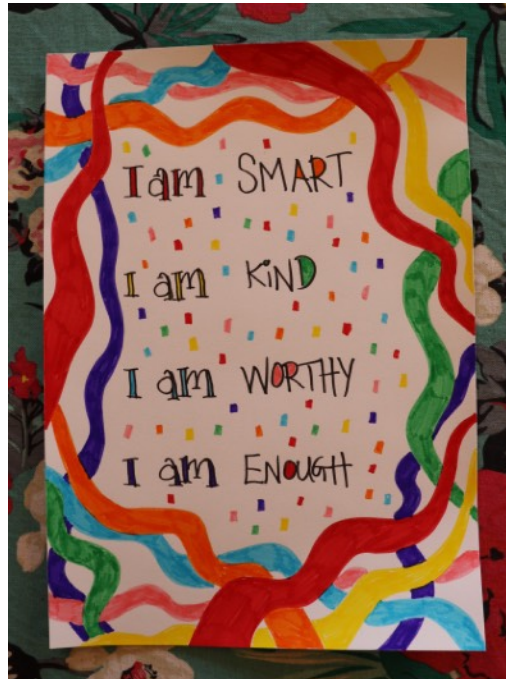


## I AM - Affirmations



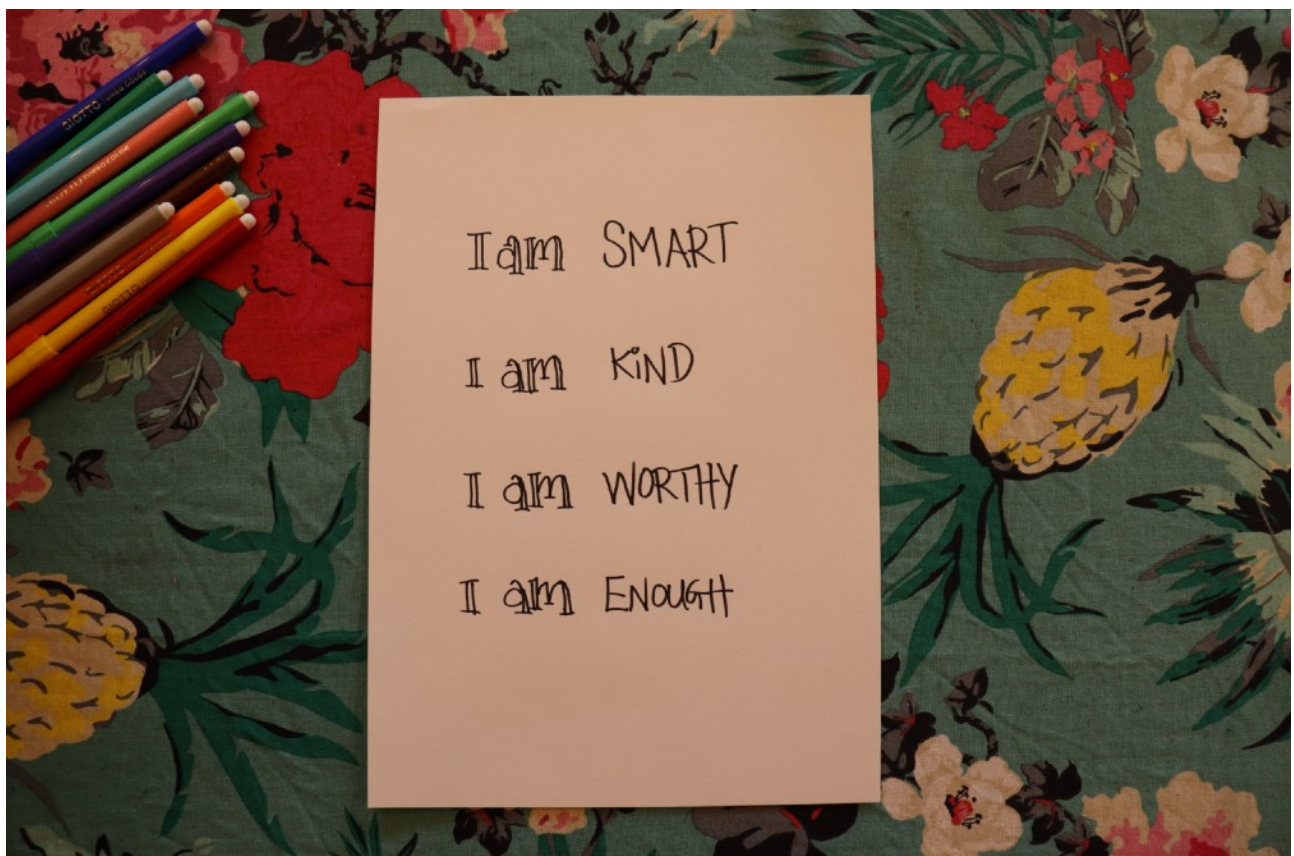
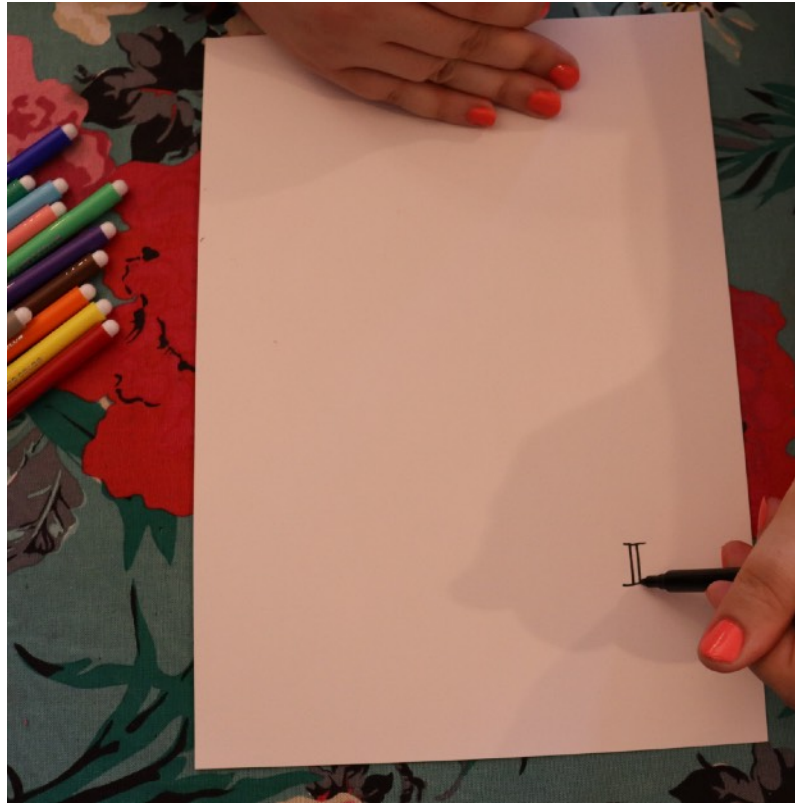
Thinking about positive statements and reminders we can give ourselves why not create your own positive affirmations “I am...” that you can repeat to yourself when needed - daily if you like!

Tools and Materials:

- Paper
- Felt Tips

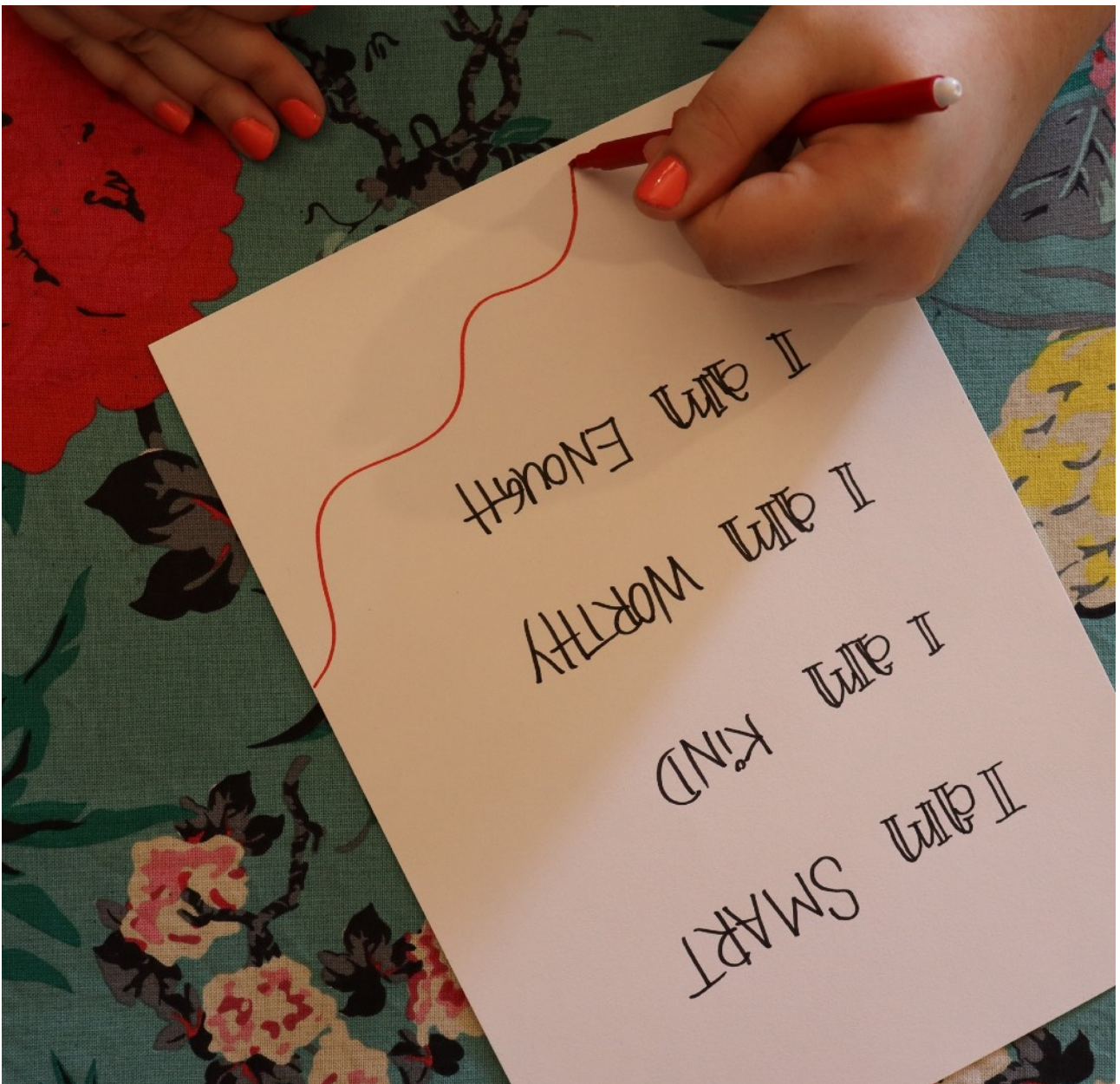


First of all think about a few things you can say about yourself - we all have good qualities but everyone can have different ones. Think about the ones that particularly mean something to you then start writing them down





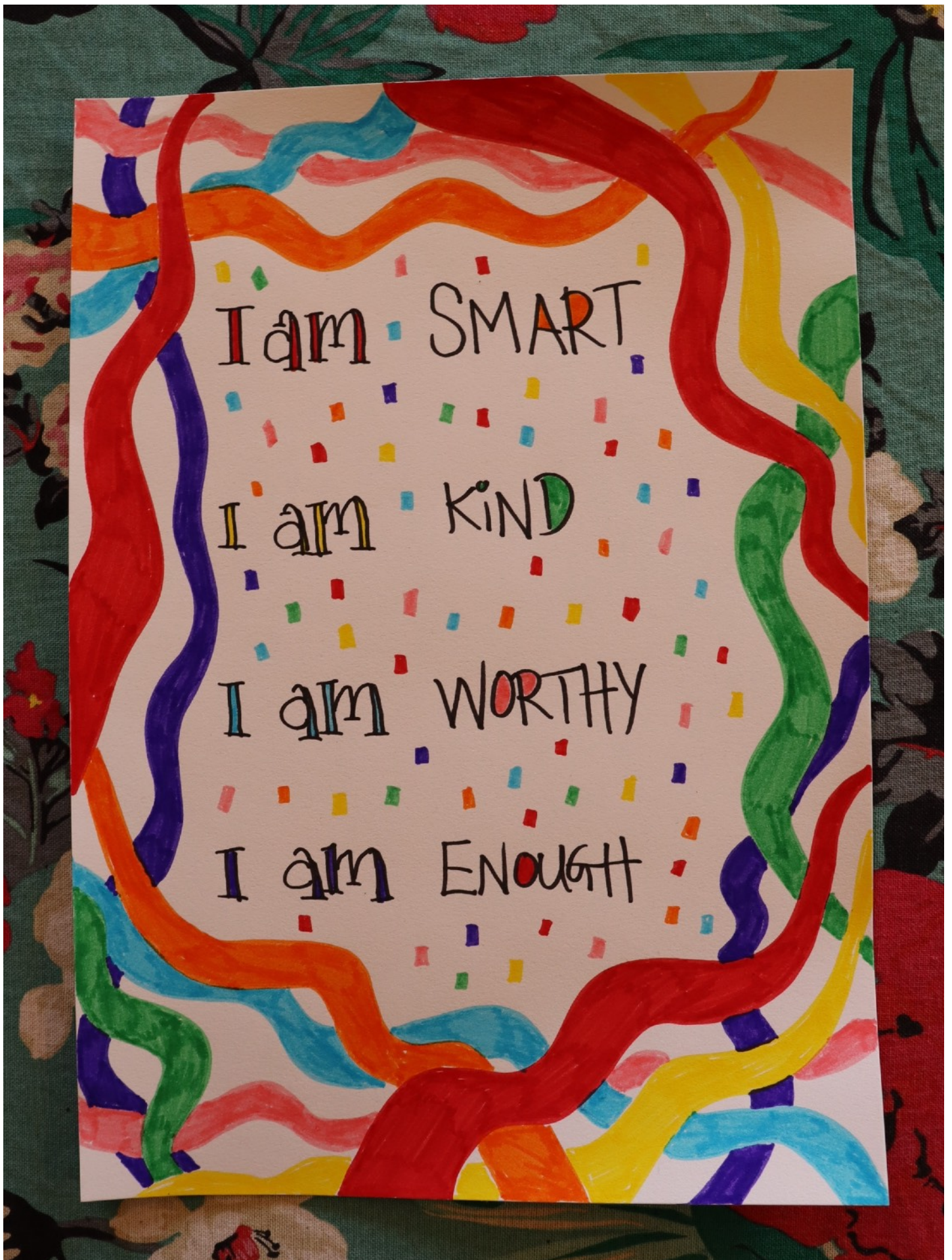
Once you are happy with your “I am...” statements then you can decorate around it



Repeating kind words about yourself can help with your self-belief and confidence - if you say something enough it can become a belief. Which all helps towards having a positive mindset amongst other great life skills!



There you have it your very own "I AM" affirmations!





Here is another we made to inspire you!

