

# Positive Affirmations



Say these out loud to help you feel better:

**I treat myself with the compassion I deserve.**

**I am worthy of love from myself and others.**

**I have many gifts and talents.**

**These feelings will pass. They do not define me.**

**My future will be what I choose to make it.**

**I deserve to be happy.**

**I do my best every day, and that's all anyone can do.**

**I am so much stronger than I realise.**

**I appreciate my life.**