



## TAKE & MAKE — PICK-ME-UP AFFIRMATIONS

Items Needed:

- Affirmations, template, or paper of your choice
- Scissors or 2" round punch
- Jar, box, or other container of your choice
- Decorations of your choice

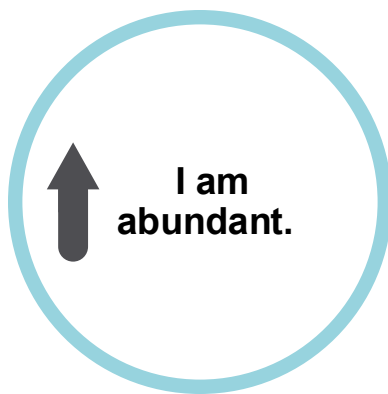
Directions:

1. Choose a container you like that's big enough to hold the amount of affirmations you want.
2. Decorate your container as you wish.
3. Read through the affirmations and choose ones that are meaningful to you or write your own.
4. Cut or punch them out. You could also write them on paper of your choice.
5. Fold them and place them in your container.
6. Take them out and read them as needed!

**pick  
me↑  
ups**

A positive self-image is key to living a happy and healthy life. Research shows that people who feel confident in themselves can problem solve and make better decisions, take more risks, assert themselves, and strive to meet their personal goals.







**I can stand  
up for  
myself.**



**I am  
beautiful in  
my own way.**



**I deserve  
happiness.**



**I deserve  
health.**



**I can be  
independent.**



**I can learn  
new things.**



**I deserve  
wealth.**



**I deserve to  
be heard.**



**I can take my  
life in any  
direction.**



**I can do  
hard things.**



**I deserve  
career  
success.**



**I deserve  
to be  
understood.**



**I can build  
my own  
business.**



**I can be  
whatever  
I choose  
to be.**



**I deserve  
self-  
respect.**



**I deserve  
acceptance.**



**I can be  
financially  
independent.**



**I deserve to  
feel loved.**



**I deserve to  
be  
respected  
by others.**



**My lived  
experiences  
are valid  
and  
important.**



**My voice  
matters.**



**My life is  
moving at  
the right  
pace for me.**



**My body  
does not  
define me.**



**I command  
respect.**



**Life is a  
beautiful  
journey.**



**I uplift  
others.**



**My value is  
not in my  
appearance.**



**I look  
forward to  
the future.**



**I will use  
my power  
for good.**



**I know how  
to be a  
good friend.**



**My soul is  
beautiful.**



**My life is  
filled with  
promise  
and hope.**



**My life is  
not a race.**



**I live my life  
in alignment  
with my  
values.**



**My  
intentions  
are pure.**



**I love  
myself.**



**My life  
is not a  
competition.**



**I let go of  
things that  
no longer  
serve me.**



**Life rocks!**



**I love my  
life.**



**I love my body.**



**I have many talents.**



**My mind, body, and soul are in alignment.**



**I hold great knowledge, wisdom, and power.**



**Yes, I can.**



**I bring value to others' lives.**



**My existence is valuable.**



**Life is a journey.**



**Everything is just as it should be right now.**



**I will rise above.**



**There is no rush.**



**I can achieve my goals.**



**My future is in my hands.**



**I will overcome.**



**My worthiness is not in a number.**



**The future is bright.**



**I trust myself.**



**My mind is my strength.**



**Life is beautiful.**



**I am powerful.**



**There is no  
one better  
to be than  
myself.**



**Today I am  
a leader.**



**I can control  
my own  
happiness.**



**Today I  
choose to  
think  
positive.**



**I am  
enough.**



**I forgive  
myself for  
my mistakes.**



**I have  
people who  
love and  
respect me.**



**I can get  
through  
anything.**



**I get better  
every single  
day.**



**My  
challenges  
help me  
grow.**



**I stand up  
for what I  
believe in.**



**I can do  
anything I  
put my mind  
to.**



**I am an  
amazing  
person.**



**Today is  
going to be  
a great day.**



**I believe in  
my goals  
and dreams.**



**I give myself  
permission  
to make  
choices.**



**All of my  
problems  
have  
solutions.**



**I have  
courage  
and  
confidence.**



**It's okay not  
to know  
everything.**



**I can do  
better next  
time.**



**I have  
everything I  
need right  
now.**



**I deserve to  
be happy.**



**I am in  
charge of  
my life.**



**My  
confidence  
grows when I  
step outside  
of my comfort  
zone.**



**I am capable  
of so much.**



**I am free to  
make my  
own choices.**



**I have the  
power to  
make my  
dreams  
come true.**



**My positive  
thoughts  
create  
positive  
feelings.**



**Everything  
will be okay.**



**I deserve to  
be loved.**



**I believe in  
myself and  
my abilities.**



**Today I will  
walk  
through my  
fears.**



**I believe in  
myself.**



**I can make a  
difference.**



**Good things  
are going to  
come to me.**



**I am open  
and ready to  
learn.**



**I am proud  
of myself.**



**Today I  
choose to  
be confident.**



**I matter.**



**Every day is  
a fresh start.**





**If I fall, I will  
get back up  
again.**



**I can be  
anything I  
want to be.**



**I have  
courage and  
am brave.**



**I am strong,  
able and  
calm.**



**I am whole.**



**I accept who  
I am.**



**Happiness is  
a choice.  
Today I  
choose  
happy.**



**I overcome  
my obstacles  
and believe  
that my  
potential is  
limitless.**



**I only  
compare  
myself to  
myself.**



**Today is  
going to be  
an awesome  
day.**



**Everything  
I'm looking  
for is already  
inside of me.**



**Today is full  
of  
opportunity  
and love.**



**I can do  
anything.**



**I focus on  
what I can  
control and  
let go of the  
rest.**



**I can do  
anything I  
put my mind  
to.**



**I can try  
again.**



**It's enough  
to do my  
best.**



**I honor my  
commitments  
to myself.**



**I am  
worthy.**



**I can learn  
from my  
mistakes.**

