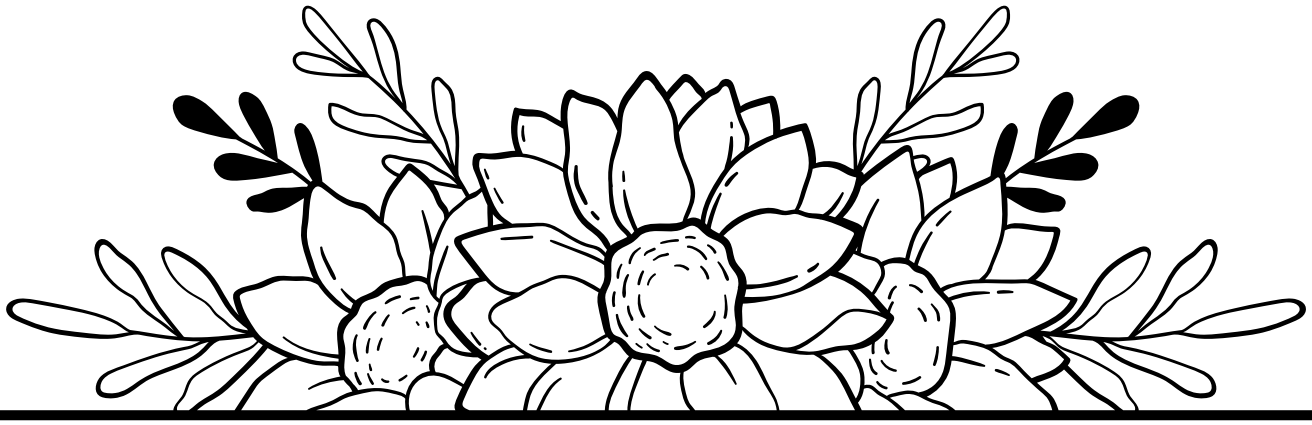
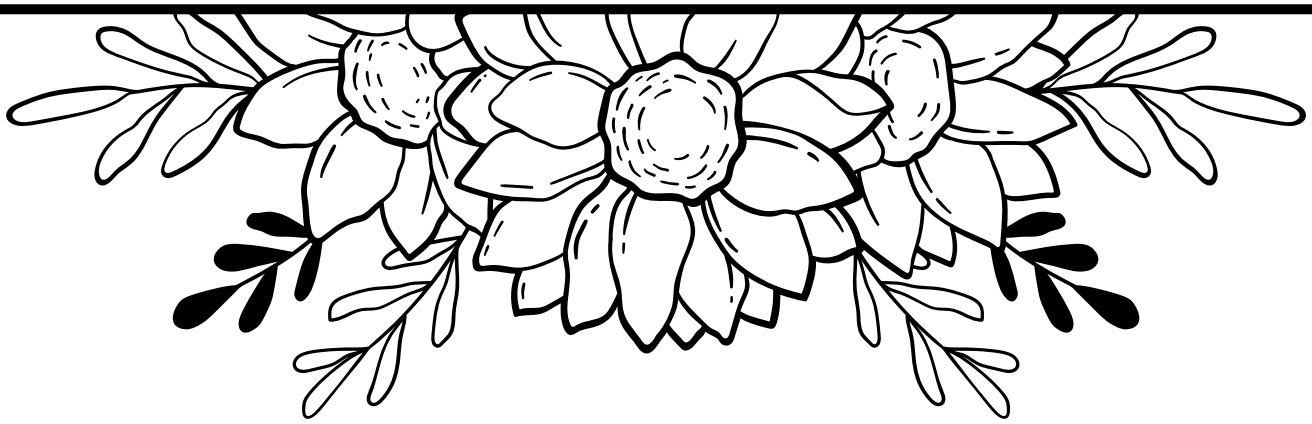


+VE AFFIRMATIONS



COLORING BOOK

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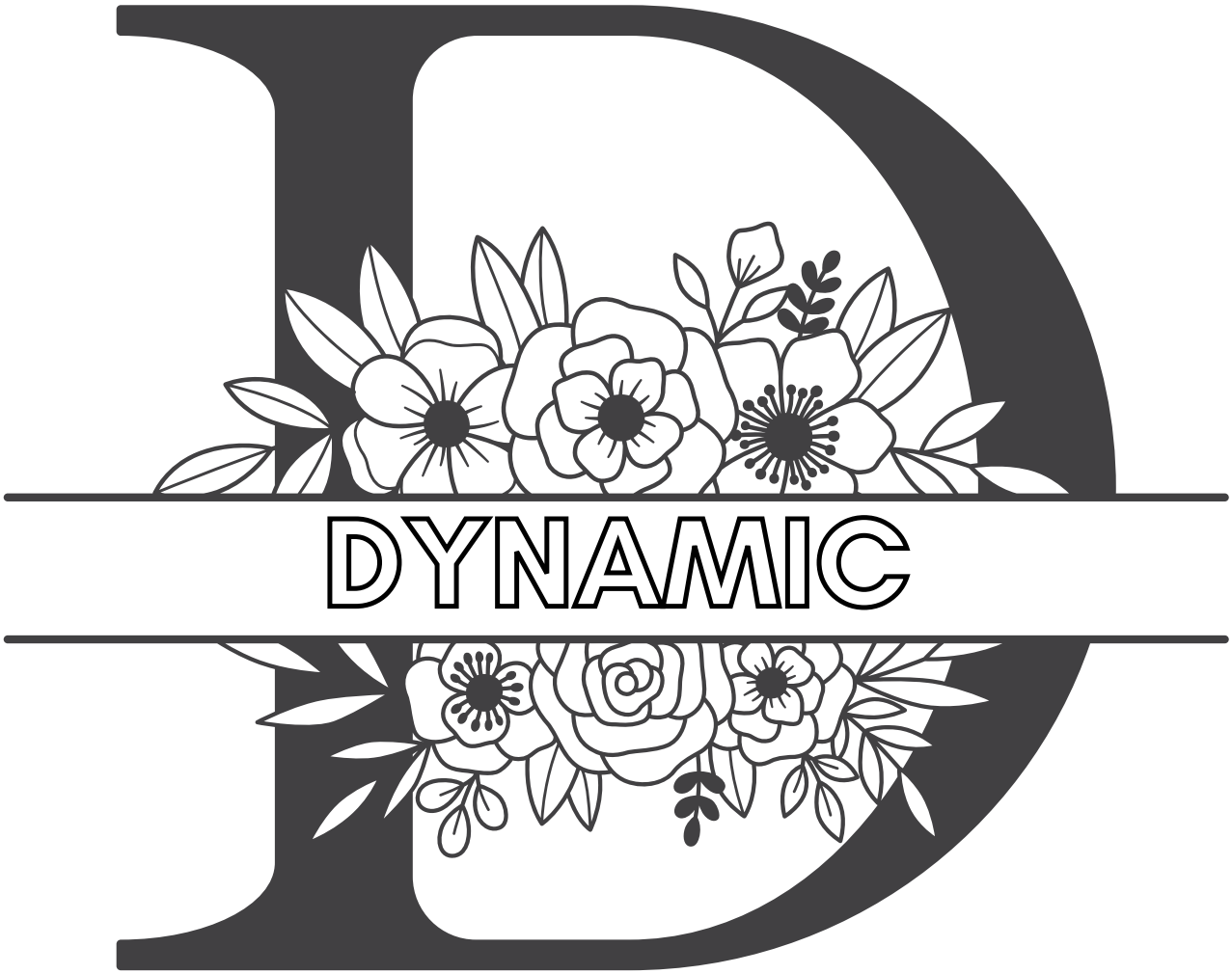
List reasons why you are amazing:

Reflect on why you are blessed:

Write about how you are creative:



Reflect on how you are dynamic:

Write about what energizes you:

List things you find enjoyable:

Write about a time you were generous:

List things that make you happy:

Share how you have been insightful:

List memories that make you feel joy:

Reflect on times you have been kind:

Who do you love and why?

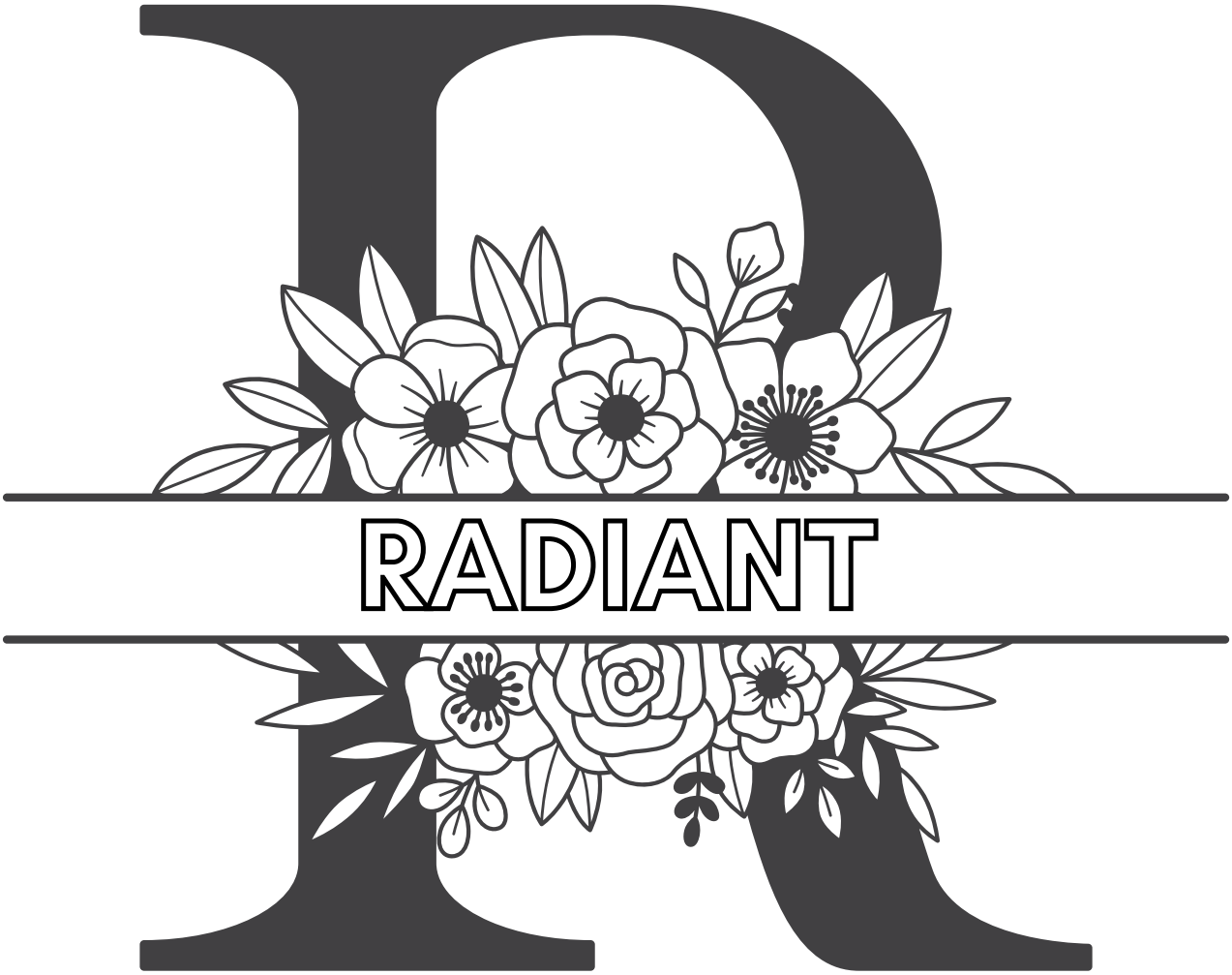
Reflect on times you have been strong:

Write about nice things you have done:

What are you optimistic about?

Write about something you're proud of:

What makes you stand out from the crowd?

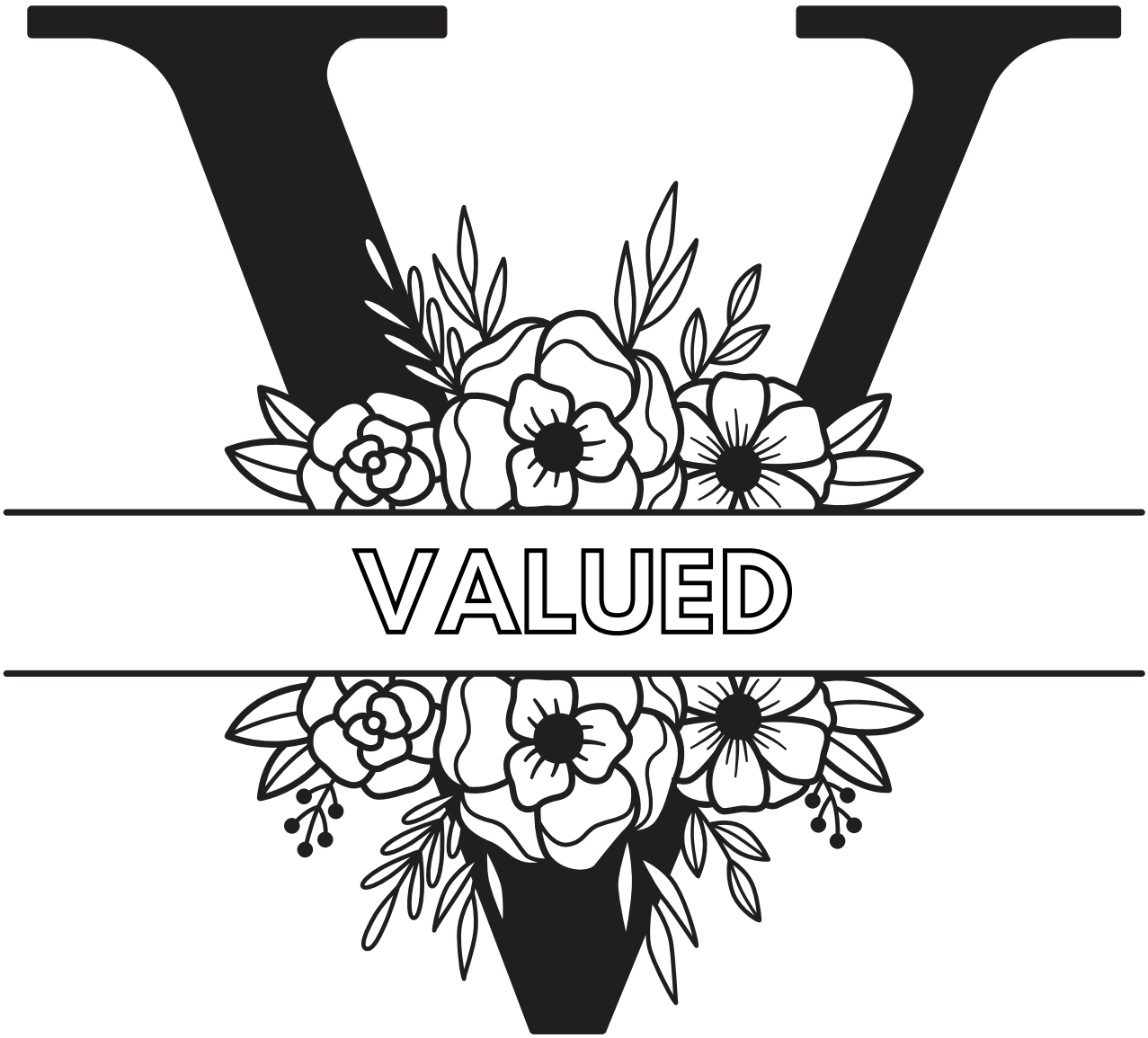


What skills do you have that shine?

List reasons why you are special:

Reflect on why others trust you:

Share what makes you unique:



VALUED

Think about what others value about you:

Reflect on why you are worthy of love:

What makes you excited?

What makes you feel young at heart?

List things that make you feel calm:

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