

# Affirmations

Name:

Date:



## The Power of Affirmations

Affirmations are positive statements that can help you to challenge and overcome self-sabotaging and negative thoughts. When you repeat them often, and believe in them, you can start to make positive changes.

**Impact:** Affirmations can rewire your brain, promote a positive mindset, and improve your overall mental well-being.

### Embrace Challenges!



Challenges are opportunities for growth.  
Think of: the last time you overcame a difficult situation.

You have the strength to face any challenge that comes your way. Embracing challenges helps you grow stronger and more resilient.

### Effort Leads to Success!



Your hard work pays off.  
Think of: the progress you've made through consistent effort.

Every bit of effort you put in brings you closer to your goals. Keep pushing forward, and success will follow.

### Learn from Mistakes!



Mistakes are stepping stones to learning.  
Think of: a mistake that taught you a valuable lesson.

Every mistake is an opportunity to learn and grow. Embrace your mistakes and use them to become wiser and stronger.

### Celebrate Progress!



Small steps lead to big achievements.  
Think of: the small victories that brought you joy.

Acknowledge and celebrate your progress, no matter how small. Each step forward is a testament to your growth and dedication.

**Now it's your turn! Create your own affirmation card!**