



• AFFIRMATIONS 10 TO 13 YEAR OLDS

Here's a list of 40 positive affirmations tailored for 10 to 13-year-olds, designed to boost their confidence, self-esteem, and resilience:

1. I am capable of achieving my dreams.
2. I am worthy of respect and love.
3. I am a good friend and I choose kind friends.
4. I believe in myself and my abilities.
5. I am unique and that's what makes me special.
6. I can make a positive difference in the world.
7. I am allowed to make mistakes; they help me learn and grow.
8. I am in charge of how I feel and today I choose happiness.
9. I can handle challenges with courage and confidence.
10. I am loved and valued just as I am.
11. My opinions and feelings matter.
12. I am a great listener and communicator.
13. I treat others with kindness and respect.
14. I am responsible for my actions and I learn from them.
15. I am grateful for the wonderful things in my life.

- 16. I can find solutions to my problems.**
- 17. I am a loyal friend and I care about others.**
- 18. I am strong enough to handle whatever comes my way.**
- 19. I am creative and open to new ideas.**
- 20. I am proud of my achievements, no matter how small.**
- 21. I am a positive influence on those around me.**
- 22. I am patient with myself and others.**
- 23. I can make healthy choices for my body and mind.**
- 24. I am deserving of happiness and love.**
- 25. I can express my feelings in positive ways.**
- 26. I am learning and growing every single day.**
- 27. I am a good listener and value others' perspectives.**
- 28. I am respectful to myself and others.**
- 29. I am in control of my emotions, they do not control me.**
- 30. I am filled with energy and enthusiasm.**
- 31. I am a problem-solver; I face challenges head-on.**
- 32. I am kind to myself and give myself the care I need.**
- 33. I am brave enough to try new things.**
- 34. I am a valuable member of my community.**
- 35. I am respectful of the earth and its creatures.**
- 36. I trust in my ability to unlock the answers within me.**
- 37. I am important, and what I have to say matters.**
- 38. I am prepared to succeed in my goals.**

39. I am a beacon of love and positivity.

40. I am on a journey of discovering my best self.

Encourage your child to choose a few affirmations that resonate with them and repeat them daily, especially during challenging times, to foster a positive mindset and self-belief.

By Kelly Molloy Wee Chicks