



- **AFFIRMATIONS**
- **FOR UNDER**
- **9 YEARS OLD**

I am a good friend and bring happiness to others.

I am loved for who I am, not just for what I do.

I am capable of handling challenges and finding solutions.

I am full of energy and enthusiasm.

I am curious and love to explore the world around me.

I am deserving of respect and kindness.

I am a good listener and communicator.

I am resilient and bounce back from setbacks.

I am worthy of success and happiness.

I am a valuable member of my family and community.

I am gentle with myself and others.

I am important and make a positive difference in the world.

I am safe and protected.

I am free to express myself and my emotions.

I am filled with love and share it with those around me.

I am loved.

I am brave and strong.

I am kind and compassionate.

I am smart and capable of learning new things.

I am unique and special just the way I am.

I am good at trying new things.

I am helpful and caring towards others.

I am confident in myself.

I am surrounded by people who support me.

I am responsible and make good choices.

I am creative and imaginative.

I am important and my opinions matter.

I am grateful for the blessings in my life.

I am patient and can wait for good things to come.

I am full of joy and happiness.

By Kelly Molloy Wee Chicks